

Healthy Living

This is a **free** Family Learning course for all mums, dads, grandparents and carers!

Looking for some simple, healthy recipes?

Need some tips about being more active as a family?

Would you like some ideas on how to look after your family's wellbeing?

Then this course is for you and your child!



Enrol your place on the course through the QR code

or by typing <https://bit.ly/3oBhjZH> into your browser

Please speak to a member of staff if you have difficulty booking a place



Course Details

Dates: 11th January – 8th February 2022

Day: Tuesdays at 1pm-3pm

Venue: Market Rasen Church of England Primary School

Contact: nichola.allerston@marketrasen.lincs.sch.uk

You may be eligible to apply for childcare or travel costs.

Please contact school staff for more information.