



## **HEALTH PROMOTIONAL SESSIONS**

### **Lead by Newham Health Visitors**

Come and join a Health Visiting Health Care Practitioner for one of our virtual advisory sessions running every 3rd Thursday of the month via Zoom.

#### **Healthy Eating**

*Find out what you can do to support children's dietary needs and balancing their daily intake*

Thursday 18<sup>th</sup> March 2021 at 1:30PM

Thursday 20<sup>th</sup> May 2021 at 1:30PM

Thursday 15<sup>th</sup> July 2021 at 1:30PM

#### **Home Safety and Accident Prevention**

*Find out about every day hazards surrounding your child's environment and what you can do to avoid them*

Thursday 15<sup>th</sup> April 2021 at 1:30PM

Thursday 17<sup>th</sup> June 2021 at 1:30PM

To register your interest and secure a space on any of the above sessions please follow the link below: <https://forms.gle/dpDY9yPhwaT5hec49>. You will then receive further information including how to join the session via email.

If you would like more information, please contact us on **0208 534 3136 ex.4**

