



Health and Well Being Day

At

**Kay Rowe Nursery School and
Forest Gate Children's Centre**

Osborne Road, Forest Gate

Tel; 0208 534 4403

11 Oct 2018 10am-2pm

Bring a packed lunch and healthy snacks will also be on sale

Dental Advice

Nutrition

Stop Smoking

Prepare a healthy snack

Facials £5-£10



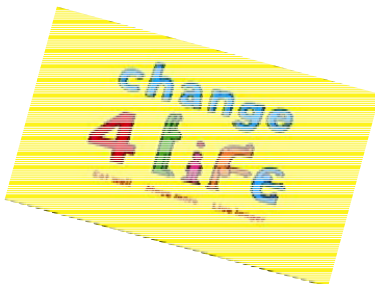
**Come and have your
Flu Jab**

Back Massage £5-£10



Breastfeeding Support

Health Information and Activities for Families with Children Under 5



Health and Well Being Day

Programme

10am-2pm	Health Visitor Surgery	Children's Centre
10am-1.45pm	Bouncy Castle	Outside
10am-2pm	Active Newham	Outside shelter area
10am-2pm	London Fire Brigade (smoke detectors)	Den
10am-2pm	Facials	Children's Centre
10am-2pm	Community Police	Nest
10am-2pm	Oral Health	Children's Centre
10am-2-pm	Family Support/Information	Children's Centre
10am-2-pm	Workplace (jobs & training advice)	Children's Centre
10am-1pm	Flu Jabs	Nest carpet area
10am-2pm	NCT (breastfeeding support)	Nest
10am-1.45pm	Back Massage	Consulting Room CC
10.30am-1pm	Head Teacher's Surgery	Head Teacher's Office
10am-1.45pm	Bookstart	Children's Centre
10.30-11am	Healthy Cooking	Nest/Den/Snug
10am-1.30pm	Stop Smoking Advice	Children's Centre
11.45am-1pm	Rowe Café /Lunch	Conservatory
12.45-1.15pm	Healthy Cooking	Nest/Den/Snug



**Come and pick up your Bookstart.
Bring your child's **Red Book!****





Together a better future



Health and Well Being Day

At

**Kay Rowe Nursery School and
Forest Gate Children's Centre**

Osborne Road, Forest Gate
Tel: 0208 534 4403

11 Oct 2018 10am-2pm

Bring a packed lunch and healthy snacks will also be on sale

Dental Advice

Nutrition

Stop Smoking

Prepare a healthy snack

Facials £5-£10



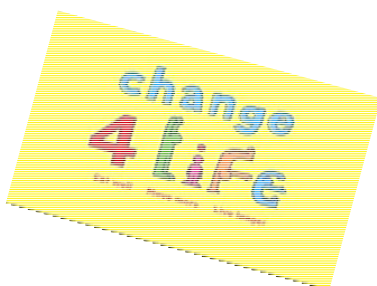
Come and have your
Flu Jab

Back Massage £5-£10



Breastfeeding support

Health information and activities for families with children Under 5



Health and Well Being Day

Programme

10am-2pm	Health Visitor Surgery	Children's Centre
10am-1.45pm	Bouncy Castle	Outside
10am-2pm	Active Newham	Outside shelter area
10am-2pm	London Fire Brigade (smoke detectors)	Den
10am-2pm	Facials	Children's Centre
10am-2pm	Community Police	Nest
10am-2pm	Oral Health	Children's Centre
10am-2-pm	Family Support/Information	Children's Centre
10am-2-pm	Workplace (jobs & training advice)	Children's Centre
10am-1pm	Flu Jabs	Nest
10am-2pm	NCT (breastfeeding support)	Nest
10am-1.45pm	Back Massage	Consulting Room CC
10.30am-1pm	Head Teacher's Surgery	Head Teacher's Office
10am-1.45pm	Bookstart	Children's Centre
10.30-11am	Healthy Cooking	Nest/Den/Snug
10am-1.30pm	Stop Smoking Advice	Children's Centre
11.45am-1pm	Rowe Café /Lunch	Conservatory
12.45-1.15pm	Healthy Cooking	Nest/Den/Snug



Come and pick up your Bookstart.
Bring your child's **Red Book!**

