

# The Healthy Families Programme – promoting a healthier lifestyle



Do you want tips on healthy meals and portions?



Do you want to help your whole family to be more active?



How much do you know about hidden sugars?



Are you confused by so called healthy branding?

## **Healthy Eating Workshop – St Luke's Primary School**

**5 weeks Workshop: 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> June & 6<sup>th</sup>, 13<sup>th</sup> July 2022**

**9.15am-11.15am**

**Please speak to Christine to reserve your place**

This programme is delivered by the Tower Hamlets Parental Engagement Team