



# Families, Food & Feelings

**Free 6- week healthy living parent/carer programme**

Free for Camden & Islington parents of children aged 5-17 years.

Join this friendly and supportive group to gain confidence & skills in helping your children live their happiest, healthiest lives.

**Start date:** 3rd June 2021

**Time:** 11:00-12:30

**Venue:** Online Zoom sessions

For more information or to refer please email:  
**[brandoncentre.healthyliving@nhs.net](mailto:brandoncentre.healthyliving@nhs.net)**