

In support of Children's Mental Health week the Healthy Living Centre are holding an activity morning. There will be a free session with



Join us at our Happy Kids activity morning from 10.15 to 12.30pm on Thursday 21st February

10.30-11.15am

Relax Kids (Move, Play, Stretch, Feel, Breathe, Believe, and Relax)

11.15-12.30

What makes me happy? Craft time and board games

Parents come and relax and chat while your children play.

Refreshments available for parents and children pay just £1.50 for a bottomless cup tea or coffee, juice and water for the kids, fresh fruit and a biscuit.



Join us at the Healthy Living Centre Walton Court Shopping Centre Unit 1
Hannon Road Aylesbury Bucks HP21 8TJ