



Attention PARENTS & FAMILIES!!



**Free Fun Family Healthy Eating & Exercise Event
at St. John's Senior National School , Arklow
Thursday 23rd of November from 11am until 2p.m.**



6th classes at the school have teamed up with the Co. Wicklow Partnership Community Food Initiative to create a fun family food and activity event with lots of useful tips on healthy eating and fun foods for families

**Free Draw
Fun Activities with
Wicklow Local Sports
Partnership
Cookery Demonstration
HSE Dietitians Corner**



**Sugar in Foods
Fats in Foods
Healthy lunches
Fibre in our diet
MABS**

**Come along & enjoy learning from the children's experience
as well getting a cuppa and a tasty healthy cake!**

All Welcome

