

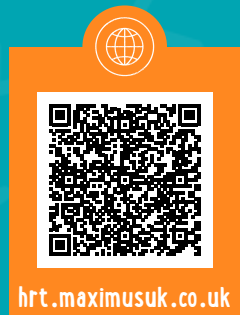


FREE Healthy Lifestyle support for families in Hertfordshire



Our FREE 12 week in-person and online programmes start on week commencing 20th January 2025

Monday	Tuesday	Wednesday	Thursday
<p>BOREHAMWOOD</p> <p>Aberford Park Community Centre, WD6 1PN</p> <p>4:30 - 6:30pm</p>	<p>HEMEL HEMPSTEAD</p> <p>Hobletts Manor Junior School HP2 5JS</p> <p>5:30 - 7:30pm</p>	<p>STEVENAGE</p> <p>Oval Community Centre SG1 5RD</p> <p>5:00 - 7:00pm</p>	<p>HATFIELD</p> <p>Birchwood Avenue Primary School, AL10 0PS</p> <p>5:00 - 7:00pm</p>
<p>CHESHUNT</p> <p>Andrews Lane Primary School, EN7 6LB</p> <p>4:30 - 6:30pm</p>	<p>** NO SESSION **</p>	<p>WATFORD</p> <p>Leavesden Green Community Hub, WD25 0BW</p> <p>5:30 - 7:30pm</p>	<p>** NO SESSION **</p>



Sign up today!

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