

Health, Exercise & Nutrition Postnatal course



12 weekly classes at South Weston Children's Centre @ The For All Healthy Living Centre
Wednesdays 11 am - 12:30 pm

Sign up if you are -

- **A North Somerset resident and have had a baby in the last 12 months**
- **Able to attend a minimum of nine out of twelve sessions**

For further information and to sign up please email linda.griffiths@n-somerset.gov.uk or call/text 07917 183134



THANK YOU SO MUCH FOR
MAKING THIS GROUP SO
SUPPORTIVE, NON
JUDGEMENTAL AND ALL
ROUND LOVELY



Better Health North Somerset

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