

Five Ways to Wellbeing

Sessions providing support for parents and families to improve their mental and physical health and wellbeing.

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**The sessions will run in Edenbridge and Swanley
Children's Centres.**

Swanley Friday: 1-2pm 22nd, 29th April & 6th, 13th, 20th May

Edenbridge Monday: 10-11am 25th April & 9th, 16th, 23rd May

Age Range : 0-4 Years

To book please contact:

sevenoaksdistrictchildrenscentre@kent.gov.uk