



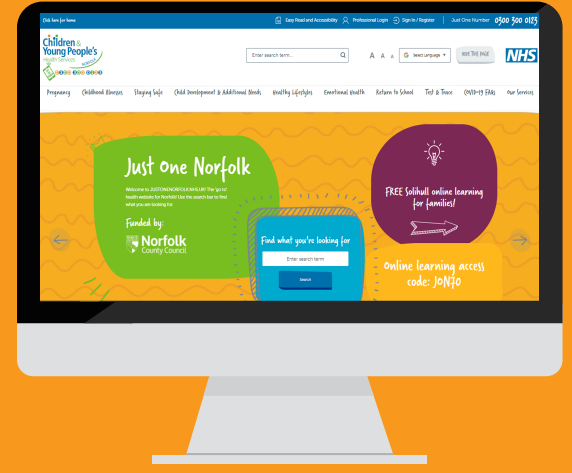






Self Care Week - Interactive Online NHS Sessions for Families

During Self Care week 2020 (16 – 22 November), health professionals from the Norfolk Healthy Child Programme are hosting themed interactive online sessions for Norfolk parents; looking at different areas of self care including healthy lifestyles, emotional health for older children and even weaning.

Each session lasts about an hour and is a great opportunity to get some practical advice, ask our specialist team/guest colleagues questions and speak with other parents with similar interests.

Online Sessions 16th - 20th November 2020

Mon 16th	Tues 17th	Wed 18th	Thu 19th	Fri 20th
 <p>Family Session 1 Talk and Play with Norfolk Library and Information Service 1:30pm - 2:30pm</p> 	<p>Family Session 2 A guide to Just One Norfolk for parents 10am - 11am</p> 	<p>Family Session 3 Baby Days with ECFS 10am - 11am</p>  <p>Family Session 4 Supporting Older Children with Their Emotional Health 4pm - 5pm</p> 	<p>Family Session 5 Weaning 10am - 11am</p> 	<p>Family Session 6 Healthy Lifestyles 10am - 11am</p> 



For more Information or to book on a session visit:

www.justonenorfolk.nhs.uk/self-care-week-2020



Internet search:

'Just One Norfolk Self Care Week 2020'