



Coffee Morning

At Byron Court School

in the Old Hall

Tuesday 29th January 9:00am

Rochelle Kolbaba, a nutritionist, is part of the Children's Healthy Weight Management Team for Brent she will talk about healthy living, including discussions about healthy eating, foods high in sugar and fat, sugary drinks, food labelling and also physical activity and other topics generally about a healthy diet.

She will also explain more about the services that are available for you and your children.

