

## FEBRUARY 2019

Tuesday 5<sup>th</sup> February – Healthy Eating expert Lynn Johnston will be doing a short talk on Healthy Lifestyle – during this workshop Tea and coffee will be provided.

Tuesday 12<sup>th</sup> February – Mrs McAlea will be giving a short talk on Happy Healthy Kids as part of this workshop. Tea and Coffee will be provided.

*Tuesday 19<sup>th</sup> February* – *No workshop* – *School closed all week* – *Mid Term Break* 

*Tuesday 26<sup>th</sup> February* – *This week we will be making a Happy Healthy Treat. Tea and Coffee provided.* 

EVERYONE WELCOME