

# Healthy Lifestyles Workshop

*“We know that modern life can mean we are a lot busier, less active, and more reliant on convenience and fast food than we used to be”*

**NHS Better Health (Healthier Families 2021)**

The School Nursing Service offer free workshops to parents and carers of children aged 4-19 years.

**This workshop explores:**

- What is a healthy lifestyle
- Exploring myths about weight
- Top tips for a healthy lifestyle
- Getting active
- Food labels
- How to help your child gain weight
- Importance of sleep



This workshop is delivered virtually via Microsoft Teams.

**To book on a session, you can call our Single Point of Access on 01922 423349 or email [wht.wellbeing@nhs.net](mailto:wht.wellbeing@nhs.net)**

We want to keep these sessions safe and open only to parents/carers of children attending a Walsall school. When you call, we will ask you a few details so that we can verify your child’s details. Once you have booked a workshop, we will then send you an email invite to join that session nearer the time. Your email will be hidden from other parents.

**Do you need advice and support about other health issues?** We have resources to help you:

- Health for Teen Website for teenagers: [www.healthforteens.co.uk](http://www.healthforteens.co.uk)
- Health for Kids Website for children: [www.healthforkids.co.uk](http://www.healthforkids.co.uk)
- School Nursing Service Webpages: [www.walsallhealthcare.nhs.uk/our-services/school-nursing](http://www.walsallhealthcare.nhs.uk/our-services/school-nursing)
- ChatHealth – text messaging service to contact a School Nurse for advice
  - Teen ChatHeath - **07480 635363**
  - Parent ChatHealth - **07520 634909**