4-19 Health Drop In Sessions

Drop in sessions across Chelmsford to gain support and advice for your 4-19 year old around a number of topics/ issues which may be concerning you, including:

- Day and night wetting
- Hearing and vision tests
- Weight and dietary issues
- General physical and emotional health problems
- Sleep/behavioural concerns
- Parenting concerns

**Location:** Chelmsford West Delivery Site, Dixon Avenue, CM1 2AQ (next to Kings Road Primary School)

**Time:** 3pm - 4pm

**Dates:** Mondays - 3rd Sept, 17th Sept, 1st Oct, 15th Oct, 5th Nov, 19th Nov, 3rd Dec, 17th Dec 2018

**Location:** The School House (opposite Moulsham Jnr School), Princes Road, CM2 9DG

**Time:** 3.15pm - 4.15pm

**Dates:** Wednesdays - 12th Sept, 26th Sept, 10th Oct, 31st Oct, 14th Nov, 28th Nov, 12th Dec 2018

www.essexfamilywellbeing.co.uk

Services commissioned by: