



Nestlé Healthy Kids

Parent-and-Child Workshop

Dear Parents,

Join us in shaping your little one's health and wellness. As parents, **YOU** heavily influence key decisions they make later on in life.

Learn, Play and Bond!

Find out how to take charge of your child's health from popular TV Personality, Ms Hasnah A.R (a.k.a. Ms Has)! Conducted over 4 weekly sessions, you can look forward to a month of fun-filled and enriching activities with your child.

Sign up for **FREE** and receive exclusive premiums worth \$50* when you complete the 4-session workshop!

* While stocks last



Programme*



#1 THE POSITIVE FAMILY

Create harmony, warmth and a caring environment at home



#2 NUTRITIOUS FOOD FOR YOUR CHILD

Boost your child's mental and physical growth through better nutrition



#3 SMART WAYS TO RAISE HEALTHY KIDS

Kickstart healthy habits in your child to sustain an active lifestyle



#4 BUILDING A MINDFUL FAMILY

Help your child succeed in staying focused and managing stress

* Full workshop consists of 4 sessions; each session is 1 hour each.

Registration

Advance registration is required for this programme. Each registration is for a pair of one parent and one primary school child. Limited slots are available, click to register now!

[REGISTER](#)

Programme Schedule

Location	Date	Time
BEDOK PUBLIC LIBRARY	Sun, 5 Nov 2017	11.00am – 12.00pm
	Sun, 12 Nov 2017	11.00am – 12.00pm
	Sun, 19 Nov 2017	11.00am – 12.00pm
	Sun, 26 Nov 2017	11.00am – 12.00pm
TAMPINES REGIONAL LIBRARY	Sun, 7 Jan 2018	2.00pm – 3.00pm
	Sun, 14 Jan 2018	2.00pm – 3.00pm
	Sun, 21 Jan 2018	2.00pm – 3.00pm
	Sun, 28 Jan 2018	2.00pm – 3.00pm
JURONG REGIONAL LIBRARY	Sun, 7 Jan 2018	5.00pm – 6.00pm
	Sun, 14 Jan 2018	5.00pm – 6.00pm
	Sun, 21 Jan 2018	5.00pm – 6.00pm
	Sun, 28 Jan 2018	5.00pm – 6.00pm
ANG MO KIO PUBLIC LIBRARY	Sat, 24 Feb 2018	2.00pm – 3.00pm
	Sat, 3 Mar 2018	2.00pm – 3.00pm
	Sat, 10 Mar 2018	2.00pm – 3.00pm
	Sat, 17 Mar 2018	2.00pm – 3.00pm
MARINE PARADE PUBLIC LIBRARY	Sat, 24 Feb 2018	5.00pm – 6.00pm
	Sat, 3 Mar 2018	5.00pm – 6.00pm
	Sat, 10 Mar 2018	5.00pm – 6.00pm
	Sat, 17 Mar 2018	5.00pm – 6.00pm

Venue Partner: