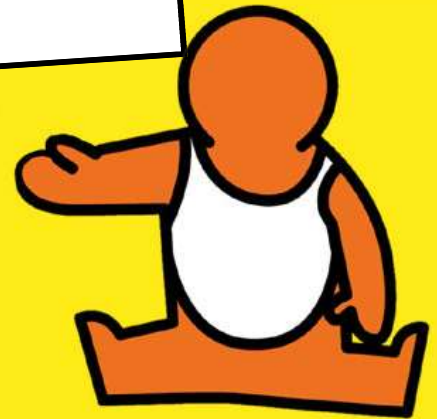


Kensington and Chelsea change 4 life

Minis



**Wednesdays, 5 March - 2 April:
10.00-11.30am
at Clare Gardens Children's Centre,
349 Westbourne Park Road, W11 1EG**

Free club: Introducing Solids!

**For parents or carers with
babies 0-12months.**

Free items to take home each week!

- When should my baby start solid food?
- How do I introduce a healthy mixed diet?
- How do I look after my baby's new teeth?
- How do I do all this and look after myself?



Scan here with your
phone camera

**Register now! Complete our online form at
www.family-action.org.uk/change4lifeservice
call us on 020 8960 0744 or scan the QR code**



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