

Westminster change 4 life

Start4Life Clubs



**Free Group for Parents to Be
Online via Zoom**

**Wednesdays, 5 March - 2 April 2025,
6-7pm**

**Free group to support expectant
parents to focus on simple ways to
eat well, move more and feel good
during pregnancy**

- How much caffeine can I have during pregnancy?
- How much physical activity is ok during pregnancy?
- Easy & affordable ways to achieve a healthy, balanced diet that gives you and your baby the nutrients you need



Scan here with your
phone camera



City of Westminster

Register now!

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



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA