

Health Champions organising drop in sessions during Mental Health Week



Health Messages for this Year

<h1>Healthy Me</h1> <p>September - December</p>	<p>THIS TERM'S HEALTH</p> <p>The Big brush</p> <p>drink more water</p> <p>5 a day</p> <p>What's on your plate?</p> <p>Healthy Me</p>
<h1>Happy Me</h1> <p>January – March</p>	<p>THIS TERM'S HEALTH MESSAGE IS</p> <p>Sleep Well, Feel Better</p> <p>Be Kind</p> <p>Be Active</p> <p>Speak to others?</p> <p>Learn new things</p> <p>Happy Me</p> <p>Learn things about you</p>
<h1>Moving Me</h1> <p>April-July</p>	<p>THIS TERM'S HEALTH MESSAGE IS...</p> <p>Screen Swap</p> <p>Sports Time</p> <p>60 minutes of activity</p> <p>Walking with...</p> <p>Moving Me</p> <p>Hobbies</p> <p>Sportswear</p>