

Zumba and Health Workshops

Parents and guardians of Wood End Park Academy are encouraged to get involved in this exciting new **FREE** opportunity delivered by QPR in the Community Trust!

- Improve your health knowledge through group health workshops.
- Learn how you and your family can get more active in the area.
- Understand why it is important for your family to have a healthy balanced diet.
- Have an official NHS Health Screening
- The opportunity to take part in Zumba (subject to availability).

Please go to the Front Office on Tuesday 20th October at 9am for a Parent Consultation and to find out more!!!
Contact - Alex Gordon on 02087402599 for more details!



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