



tri | for you
LIVE HAPPY | EAT WELL | MOVE MORE



TRITOTS

Live happy | Eat well | Move more

Tasters

Venue and Dates

Chatham Family Hub—10-11am

2nd, 9th, 16th and 23rd August

Hand In Hand Family Hub (Twydall)—10-11am

3rd, 10th, 17th and 24th August

Warfield Family Hub —10-11am

4th, 11th, 18th and 25th August

Gun Lane Family Hub (Strood)—2-3pm

4th, 11th, 18th and 25th August

Contact Details

Call 01634 333741

Email change4life@medway.gov.uk

QR Code



What is a TriTots Taster session?

It's a fun 60 minute session for families with a 2-4 year old filled with activities like:-

Fruit and vegetable exploration

Craft activities

Stories

Messy play

Movement and moving stories