



Lavant

C.E. Primary School

Headteacher: Mr Adrian King B.A Hons (QTS) NPQH

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chichester wellbeing

Want to be healthier in 2024?



Take advantage of having a **FREE** personal wellbeing check. Chichester Wellbeing will be in School on 26th January

If you want to be healthier in 2024, take advantage of reserving a free 30 minute consultation with Michelle, an advisor from Chichester Wellbeing on 26th January. Michelle will be in school from 8.30am, holding private one-to-one sessions to discuss any aspect of your lifestyle that you would like to discuss.

- Eating well
- Reducing alcohol
- Losing weight
- Stopping smoking
- Being more active
- Improving emotional wellbeing
- Sleeping better

The **free** 30-minute appointment will be take place in the privacy of our Little Owl Room. During the appointment you will have an opportunity to use Chichester Wellbeing's body composition scales giving you a valuable insight into your weight, BMI, hydration level, fat percentage and muscle mass.

To book your appointment, enter your name and email address against your chosen time slot listed on the booking sheet, which is available in the school reception area.