

HEALTHY DARWIN

Healthy Lifestyle Workshops & Short Courses 2024-25 Wet Season

Childhood Immune Support Workshop

Are your kids aged 6 months to 7 years old? Are you worried about them getting sick when they start back at day care or school?

We can't stop illness when they are in day care and preschool but we can support their bodies so they can recover and become more resilient.

This 60 minute online workshop talks you through how to support your kids through common childhood illnesses and gives you practical tips on how to build up their immune systems. This information can be applied to the whole family.

Saturday 08 February
2:00pm - 3:00pm

★ **Bookings required!**

eliza-barwick.simplecliniconline.com/workshop/support-your-child-s-immune-system

Instructor: Eliza Barwick Naturopath

P - 0457 306 634

E - hello@elizabarwick.com.au



Only \$10 per person!

To find out more about this workshop,
contact the instructor directly.

To find out more about Healthy Darwin:

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healthydarwin@darwin.nt.gov.au

08 8930 0300

