



Some Healthy Tips Found in Get Set 4 Life Booklet



Healthy Eating



Playing



Sunsmart



Brushing Teeth



Practice details:

If you have any questions

Please speak with your GP or Practice Nurse

Brochure produced by
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4 Year Old Health Checks



HABITS for HEALTHY KIDS

An information brochure designed to help you and your child understand what is involved in a 4 year old health check