



MALDON HEALTHIER HABITS HUB

Come and join us for a fun-filled day packed with exciting activities for children and families. This event offers the chance to gain valuable health advice from your local wellbeing services.

Free refreshments will be provided

Take part in these fun and free activities...

Sports Hall Activities

9.30am-11am
Football with Colchester FC

11.30am-1pm
Family event with Maldon CVS

1.30pm-4.30pm
Multisports with Little Sportsters

Studio Activities

1.30pm-2pm
MiniMe Mindfulness

2pm-2.30pm
MiniMe Mindfulness

2.30pm-4.30pm
Gymnastics



**Blackwater Leisure Centre,
Maldon, CM9 5UR**



Friday 30th May 2025



9.30am-4.30pm drop-in anytime

or take a moment to
explore the Chill Out Zone
provided by Essex Child
and Family Wellbeing
Service!



Parking is available onsite