



Balancing Parenthood Over The Summer Months

Join us in the wellbeing studio as we discuss how to look after ourselves and our children over the summer months. Today's show will also include a delicious food demo for you to try at home with the kids.

With special guests: Siobhan Berry, Founder of MummyCooks.com; Kathy Whyte, Founder of Nurture Mum.

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Wednesday 19th July @ 1.15pm