



active families

**free, fun programme
for families**

***Would you and your family
like to Have Fun,
Eat Well, Move More
& Feel Better!!***

**Are your children between 5 -16 Years old?
Are you worried they are above their ideal
weight?**

**Then call the ACTIVE FAMILIES TEAM
and join your local programme on
07707 275409 or 01782 592177
(Programmes running throughout the year)**

The **FREE** 10 week family lifestyle programme includes 2 x 2 hour weekly sessions which include:

- **Fun** physical activity sessions for children and adults
- Practical sessions and games on menu planning, healthy eating and cook and eat
- Discovering other opportunities to get active and healthy in your local area
- And much more...

***If you would like new ideas on how to make
healthier choices for you and your family why
not sign up today!***



**COMMUNITY
FUND**



NHS