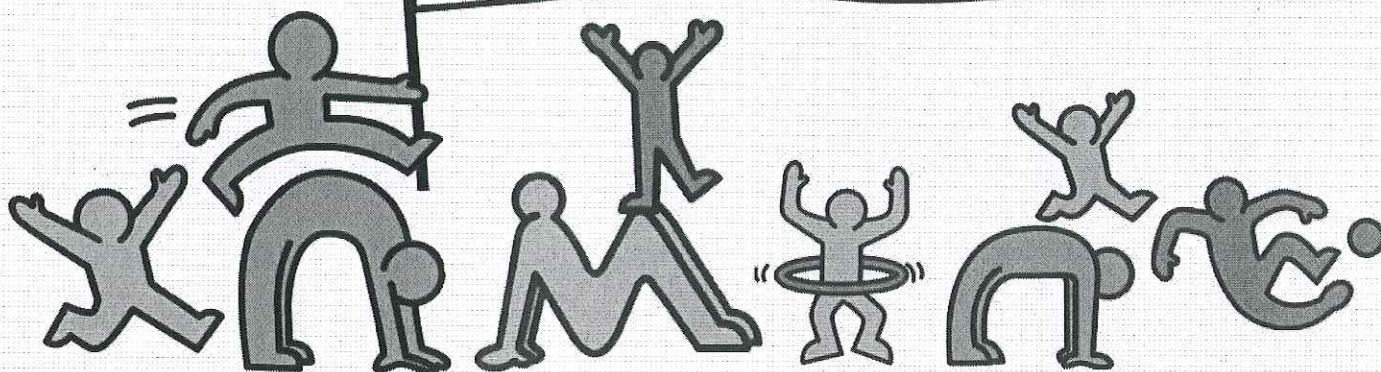


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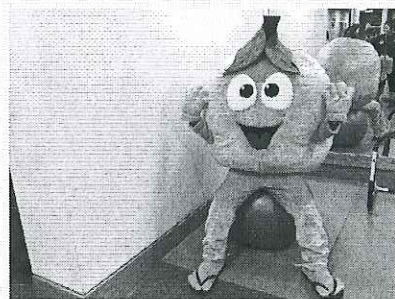


## FREE Healthy4Life Clubs 2018

Are you worried about your child's weight? We offer fun, friendly physical activity and lifestyle sessions for you and your child. Clubs run for 10 weeks details are below.

**The Parks Sports Centre** on Tuesday 8<sup>th</sup> May - Tuesday 17<sup>th</sup> July from 4-5.30pm (Ages 4-7 years)

**The Parks Sports Centre** on Wednesday 9<sup>th</sup> May- Wednesday 18<sup>th</sup> July from 4:15pm- 6:15pm (8+ years)



There are limited free places so find out more and sign up today by contacting Healthy4life  
tel: 0191 643 7454 or  
email: [chat@northtyneside.gov.uk](mailto:chat@northtyneside.gov.uk)

