



## Are you worried about your child's weight?

**FREE**  
Ages 4-7/8+

Our 10 week programme supports you and your family to make healthy lifestyle changes together.

Interactive sessions run by our expert, friendly team, will focus on nutritional and physical activity topics that will give you and your family a real boost.



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## In 10 weeks we show you:



- Simple food swaps to reduce fat and sugar intake
- The right size portions for children and adults
- How to understand food labels and make healthier choices
- Easy ways to get more physical activity into your everyday life

"I love how enthusiastic it has made my children about healthy eating."

Sessions take place once a week, after school.