

HEALTHY CHOICES

A FREE AND CONFIDENTIAL 12 WEEK PROGRAMME TO FIT AROUND YOUR FAMILY TO SUPPORT CHILDREN AND YOUNG PEOPLE ACHIEVE AND MAINTAIN A HEALTHY WEIGHT.

The personalised support is designed to be a fun, positive and energising experience.

Together we will explore: how to eat healthily without breaking the bank, fun and free ways to stay active; small positive changes to help you achieve a healthier lifestyle.

INTERESTED?

**CALL THE TEAM ON:
01609 798081**

