



Healthy4Life

A 10 week after school programme for families with children aged 6 to 9 to learn all about living a healthier lifestyle!

**Wednesday's from 27 April 2022 until 6 July 2022
4.15pm-5.45pm
The Parks Sports Centre**

The programme is designed to be fun for the whole family and explores different ways to be active and an opportunity to try new healthy snacks.

Families will also learn about everything from food labels, portion size and simple swaps to reduce fat/sugar intake.

To register your space, call the Healthy4Life team on 0191 643 7454 by no later than Friday 8 April 2022.

