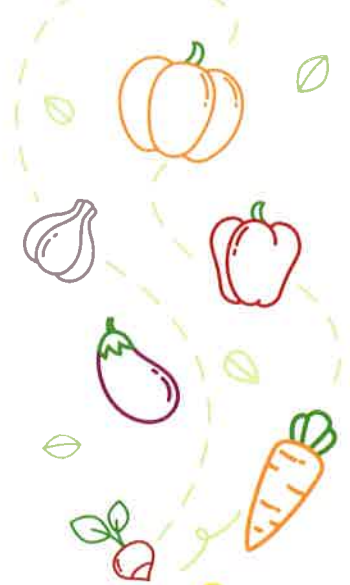




HEALTHY CHOICES



**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 ONE OF THE TEAM:
Bryony Smith 01609 536418
Donna Cockroft: 01609 536799

