HEALTHY kids

This award winning programme is **FREE** and supports **8 - 13 YEAR OLDS** who are over a healthy weight for their height and age to make long term healthy lifestyle changes.

What can you expect?

- Fun and practical sessions.
- Healthy eating workshops.
- Practical, realistic expert sessions.
- Free, fun, fitness sessions.
- Healthy eating taster session.
- One-to-one time for you and your child with a Healthy Kids mentor

To find out more call the Healthy Families team on **01952 385465** or email **healthy.families@telford.gov.uk**

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change 4 life

a co-operative council

Telford & Wrekin COUNCIL