

change
4 life



Eat well Move more Live longer

Free family friendly healthy weight sessions

Was your child classed as **overweight** or **very overweight** in the National Child Measurement Programme?

Would you like 4 free sessions from your School Health Team?

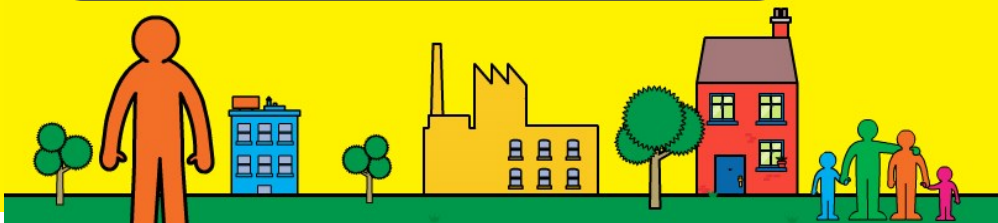
healthy eating

become more active

We can come to your home or meet you at a local health centre or at school. We will talk to you about possible food changes to help your child achieve a healthy weight.

As part of the Programme free physical activity opportunities may be included (subject to funding) in your local area

For more information please telephone:
0115 8834202 or 0115 8834348



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