

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

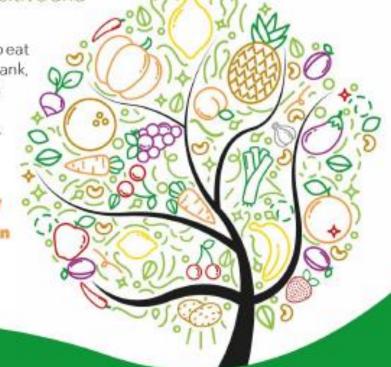
The personalised support is designed to be a fun, positive and energising experience.

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? VISIT:

www.northyorks.gov.uk/ healthy-choices-children

OR CALL THE TEAM: 01609 798081





NORTH YORKSHIRE HEALTHY CHILD PROGRAMME Growing up healthy in North Yorkshire