

# Family Healthy Lifestyle Programme



alive **n** kicking

In partnership with Bracknell Forest Council

it's  
**FREE**

for children  
aged 4 -12 years,  
run by  
nutritionists

## What do families receive as part of the Bracknell Forest alive n kicking programme?

- 12 weeks of support via face-to-face interactive groups and online, including nutrition and fun physical activities
- Flexible timings to suit you
- Help and advice on topics including healthy eating, behaviour change, nutrition and wellbeing
- Enjoyable activities that can be done at home such as weekly recipe challenges to develop practical skills and maintain a healthy lifestyle
- Step by step cookery classes aimed to help inspire you and your family to try new foods

To get involved in this **free** programme

Tel: **0333 005 0095**

Email: **clinical.contactcentre@nhs.net**

Visit: **everyonehealth.co.uk**



**Bracknell  
Forest  
Council**

everyonehealth  
because everyone matters