



it's time for Bracknell Forest to... eat well and move more

...we're here to help

alive **n** kicking

In partnership with Bracknell Forest Council

Our **free** 12 week programme has been specifically designed to help families make healthier choices around food and exercise

- Group and family based activity classes
- Weekly nutrition support, workshops, and classes
- Delivered throughout Bracknell Forest
- Weekly on line catch up nutrition sessions



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