

Family Healthy Lifestyle Programme



alive **n** kicking

In partnership with Bracknell Forest Council

for children
aged 4 -11 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