

Family Healthy Lifestyle Programme



alive **n** kicking

...for children
aged 5 -11 years,
run by
Nutritionists

- 1-1 and group support video call or telephone into your home
- Flexible timings to suit
- Weekly support on topics such as portion sizes, healthy snacks and keeping active
- Enjoyable cooking activities and recipe challenges
- Fun virtual exercise classes for the whole family

To get involved in this **free** programme

Tel: **07849 092185** Email: **eh.ankhackney@nhs.net**

www.everyonehealth.co.uk/hackney-council



Hackney

everyonehealth
because everyone matters