

eat well, move more

A family based healthy lifestyles, 8-week community programme, for 7-11 years.

Starting on Tuesday 26th September at Knowle Royal British Legion. There will be one session running every Tuesday at 4.15-5:45pm. The sessions are **FREE** and include:

- Support to make healthier choices
- Interactive sessions for the whole family
- Healthy eating and nutritional advice
- Tips and ideas for being more active
- Fun physical activities, games, and rewards



All children to be accompanied by an adult. For further information on how to refer your child, please visit:

<https://solihullonthemove.co.uk/get-support-to-be-active/families/eat-well-move-more/> or call 0121 704 8207



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