



EVERYONE

**WANTS TO
BE HEALTHY**

THE ALIVE 'N' KICKING FAMILY HEALTHY LIFESTYLE PROGRAMME

A FREE 12-week programme for children aged 5-11 and their families in the City of London and Hackney.

ALIVE 'N' KICKING
BY everyone HEALTH

 **FAMILY HEALTHY
LIFESTYLE**

 **Hackney**


CITY
LONDON

everyone HEALTH
HACKNEY



The Family Healthy Lifestyle Programme is run for 12-weeks by a Nutritionist and a Physical Activity Specialist.

What to expect from the programme:

- Help and advise on topics including healthy eating, nutrition and wellbeing
- A range of enjoyable activities such as food tasting, snack making and weekly recipe challenges to develop practical skills to maintain a healthy lifestyle
- Fun games and group exercise classes which include yoga and dodgeball tournaments to encourage participants to become more active and stay active

Bespoke programmes are available for children with Special Educational Needs or Disabilities who are not able to participate in the group programmes.

ANK Family Healthy Lifestyle Programmes also available for 12-19 year olds and their families.

BOOK YOUR PLACE ON THE PROGRAMME TODAY!

Visit: everyonehealth.co.uk/hackney-council

Email: eh.ankhackney@nhs.net

Call: 0203 314 4078

 facebook.com/EHHackney

Everyone Health works in partnership with Hackney Council.