

Families for Life – FREE healthy lifestyle programme

Join the 4-week Families for Life programme to learn about being healthy as a family in a fun way. Together we will be learning about:

- Healthy eating
- Getting active as a family
- Preparing and sharing a healthy recipe.

All activities are **free of charge**.

Where: Kingsgate Primary School- EYFS & KS1

When: 3.30pm – 5.30pm on Thursdays starting 11th January 2018 for 4 weeks.



Healthy eating

- Choose from a range of healthy eating topics (e.g. fussy eating).
- Learn about fun and healthy ways to enjoy food as a family.

Physical activity

- Play fun games that you can do as a family in limited time, limited space and without the need of special equipment.

Practical Cooking

- Prepare a healthy recipe together.
- Share and enjoy the prepared food together.

If you would like to take part in Families for Life programme, please speak to **Homa Atib** at school or book by contacting the Health Improvement Team on **020 7974 2871** or email **cyphit@camden.gov.uk**.

Many thanks, the Health Improvement Team