



Healthy Lifestyle Programme

Worried about your child's eating habits, weight or activity levels?

Ready to have a healthier New Year?

Join our free healthy lifestyle programme for families who want eat more healthily, be more active and have lots of fun doing this together!



Free 6 week programme starting on



Wednesday 28th February 2018 9am - 10.15am

at Rushden Primary Academy

Contact your Healthy Lifestyle Advisor Rachael

on 07718569858 for more information.

If you would like to book a place on this please fill in the form below and return it to your child's class.

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I would to book a place on the Healthier Lifestyle programme.

Name

Child's Name Class

Contact number