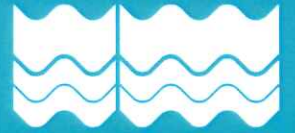




East Sussex
County Council



East Sussex
School Health Service

Ready Steady

Go!

healthy lifestyle club for
children in Reception to Year 6
and their grown-ups

- Take part in fun sessions covering healthy eating and activity.
- Suitable for all the family.
- Lots of locations across East Sussex.
- Supported by trained staff.



FREE

School Health Service

Contact your
School Health Service on
Phone: 0300 123 4062
Email: kentchft.esschoolhealthservice@nhs.net



Connecting
you