

EVERYONE

LOVES A HEALTHY LIFESTYLE

- **FREE** 12 week family healthy lifestyle group - **ENROLLING NOW**
- For children aged 7-11 and their families
- Healthy eating sessions, including fruit & vegetable tasting and pizza making
- Fun active games
- Welcoming and friendly environment
- Free bag, bottle & wristband for completing the course
- Children are welcome to bring friends and siblings. Eligibility criteria applies, please contact us for further details

Groups running in: Huntingdonshire, East Cambridgeshire, Cambridge City, Fenland and South Cambridgeshire throughout the year.



Discover how to get involved with these sessions, get in touch with us in the following ways:

Tel: 03330 050093

Email: changeptcambs@everyonehealth.co.uk

Online: www.everyonehealth.co.uk/cambridgeshire

 @ChangePointCambridge

 @eh_cambs



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CAMBS

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