

Family Healthy Lifestyle Programme



alive **n** kicking

Our Free Alive 'N' Kicking, family health and lifestyle programme is a 12 week course specifically designed to help families make healthier choices around food and exercise.

- Group classes and activities
- Delivered throughout Southwark
- Weekly On-line Catch Up sessions available
- Nutrition support on topics such as: healthy snacks, portion control
- Weekly physical activity sessions for the whole family

To get involved in this **FREE** programme

Contact our Healthy Lifestyle Hub

Email: Southwark.referrals@nhs.net

Tel: **0333 005 0159**

www.southwark.everyonehealth.co.uk

...for children
aged 5 -17 years,
delivered by
Nutritionists and
Physical Activity
Specialists

Southwark
Council
southwark.gov.uk

everyonehealth
because everyone matters