

ONE YOU EALING

Healthy Families Programme

Are you
11-13 years
old?



Wanna join
ALFIE's gym
4 FREE?

The **Free** 6 week nutrition and fitness classes at Dormers Wells Sports Centre for children aged 11-13 years **and** parents

- Learn how to use the gym equipment
- Learn how to read and understand nutrition labels
- Find out what's hiding in our food
- Take part in a fun circuit classes

Sessions are run by qualified nutrition and exercise professionals from One You Ealing and Better leisure.

Every Monday from 11th June to 16th July 2018 (6 weeks)

4:30- 6pm

Dormers Wells Leisure Centre, Southall, UB1 3HX

Complete the course and get one month FREE gym membership for children and parents.

Who is welcome to join us? We offer our service to children who are above a healthy weight range and live, have a GP or go to school within the Borough of Ealing.

Please contact us on **0208 354 8032** or via email at ealingmend@nhs.net to find out more or to reserve your place today!

