

southend-on-sea health 4 life

a healthier future for the whole family



@ Southchurch High School 9am- 3pm
Thursday 29th & Friday 30th August
For young people aged 11-13 years
With a BMI Centile over 91



CALL US FOR MORE INFO

 01702 534843

 mseicb-s.health4life@nhs.net

 www.livewellsouthend.com

southend-on-sea

health 4 life

a healthier future for the whole family

For children and young people striving towards a healthier lifestyle

Health4Life teaches young people the importance of looking after their bodies by fuelling it with a balanced and nutritious diet and by reinforcing healthy behaviours

Join us this Summer for a FREE 2 day activity programme packed full of learning, games and physical activity - plus cooking with local chef Zoe Mc Reynolds!

To register or find out more information

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