

HEALTHY juniors

A **FREE** service for
4 - 7 YEAR OLDS
who are over a
healthy weight for
their height and age.

To find out more call the
Healthy Families team on
01952 385465 or email
healthy.families@telford.gov.uk

What does the service offer?

Group activities and programmes,
including crafts, games and food
tasting.

Individual family assessments,
including home visits where
necessary.

Kids cookery taster sessions.

Practical parenting workshops
discussing fussy eating, making
changes at home, handling tears and
tantrums.

Lifestyle health advice, including
healthy growth measurements.



HEALTHY kids



This award winning programme is **FREE** and supports **8 - 13 YEAR OLDS** who are over a healthy weight for their height and age to make long term healthy lifestyle changes.

What can you expect?

- Fun and practical sessions.
- Healthy eating workshops.
- Practical, realistic expert sessions.
- Free, fun, fitness sessions.
- Healthy eating taster session.
- One-to-one time for you and your child with a Healthy Kids mentor

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