

HEALTHY juniors

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

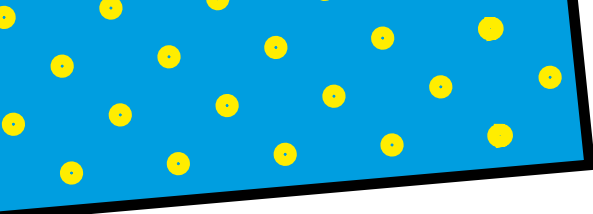
To find out more call the
Healthy Families team on
01952 385465 or email
healthy.families@telford.gov.uk

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.



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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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