



HEALTHY FAMILIES

In the park!

**Healthy after
session snacks
included!**



*Healthy Knowsley are excited to be delivering a **FREE 5 week Family Healthy Lifestyle Course.***

Every week families will work together to take part in fun games and physical activity while learning about making healthier lifestyle choices.

Eligibility criteria - Knowsley families with children in year 3, 4, 5 & 6.



Jubilee Park
Dinas Lane
L36 2NW Huyton

**WEDNESDAY 26TH JULY
11-12PM**

Register Here



For more information or to book please contact
health.trainers@merseycare.nhs.uk