

# healthy4life



## FREE Healthy4Life Clubs 2018

Are you worried about your child's weight? We offer fun, friendly physical activity and lifestyle sessions for you and your child. Clubs run for 10 weeks details are below.

**Venue TBC** Tuesday 2<sup>nd</sup> October – Tuesday 12<sup>th</sup> December 4-5.30pm (Ages 4-7 years)

**The Lakeside Centre** on Wednesday 3<sup>rd</sup> October – Wednesday 13<sup>th</sup> December from 4:15pm- 6:15pm (8+ years)



There are limited free places so find out more and sign up today by contacting Healthy4life  
tel: 0191 643 7454 or  
email: [chat@northtyneside.gov.uk](mailto:chat@northtyneside.gov.uk)

