

parents and carers

change



Eat well Move more Live longer

Do you want to make changes that will enable you and to eat well, move more, live longer?

Working in small groups with other parents, you will be helped to develop knowledge and skills to manage your weight without 'being on a diet' which you could then use to change your family's habits

It's a fun and informal group working together and supporting each other to offer practical advice and information

Sessions are FREE and run for 8 weeks for 1 hour per session including a family fun cooking and tasting session

There will be a FREE Shape Up Resource and a Change 4 Life Toolkit for participants.



Come along to a no obligation introductory meeting to find out more (sign up at the school reception)

Where:

Date:

Time:



To find out more call Mary on 01209 313419 Or 07919 266316

This group is part of the work your school is doing to support your child be healthier and learn better. They have chosen to take part in an exciting programme called **Healthy Schools Plus**. HS Plus aims to help schools to improve the health and wellbeing of all pupils to help them achieve their full potential now and in the future.

www.cornwallhealthyschools.org/