

ALIVE
N
KICKING

alive 'n' kicking

Free programme

Get Fit for Summer!

Join Alive 'N' Kicking's **FREE** Activity & Nutrition Club

Alive 'N' Kicking is a **FREE** healthy lifestyles programme for children aged between 4-12 years and their families, who together want to lose weight, eat healthier and get more active!

In our Clubs you will:

- Play games and sports
- Learn more about healthy eating and nutrition
- Make smoothies, healthy wraps and fruit kebabs
- Get more active as a family
- Get weekly recipes to make at home
- Discover healthy snack options

The Clubs take place at these locations around the borough:

The Orion Primary School, NW7 2AL - Mondays from May 8th

St Paul's Church Hall, N3 2PU - Tuesdays from May 2nd

All Saint's Church Hall, N20 9EZ - Wednesdays from May 3rd

St Mary and St John CE Primary School, NW4 3SL - Thursdays from May 4th



Please contact us for start times and to book a place

on: **0208 102 0530**

or email: barnet@ank.uk.com

change
4 life

Stay Healthy!

The Alive 'N' Kicking Team

BARNET
LONDON BOROUGH