

**ALIVE**  
**N**  
**KICKING**

# alive 'n' kicking

Free programme

## New School Year - New Healthy You!

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 5.30-6.30pm

St Paul's Church Hall, N3 2PU - Tuesdays 4.15-5.30pm

All Saint's Church Hall, N20 9EZ - Wednesdays 4.30-5.45pm

St Mary and St John CE Primary School, NW4 3SL - Thursdays 4.30-5.45pm



Contact us on: **0208 102 0530**

or email: [barnet@ank.uk.com](mailto:barnet@ank.uk.com)

to book a place

change  
**4** life

**Stay Healthy!**  
**The Alive 'N' Kicking Team**

**BARNET**  
LONDON BOROUGH