

ALIVE
N
KICKING

alive 'n'kicking

Free programme

Happy Healthy New Year!

Join Alive 'N' Kicking's **FREE Healthy Lifestyle 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 **Healthy Lifestyle Clubs** you will:

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



The Clubs will take place at these locations:

Parkfield Primary School, NW4 3PJ, Mondays starting January 15th

Grahame Park Community Centre, NW9 5XB, Mondays starting January 22nd

St Paul's Church Hall, N3 2PU, Tuesdays starting January 23rd

All Saints Church Hall, N20 9EZ, Wednesdays starting January 24th

St Mary St John School NW4 3SL, Thursdays starting January 25th

Contact us for details and to book a place on: **020 8102 0530**

or email: barnet@ank.uk.com

change
4life
Small Positive Changes

Stay Healthy!

The Alive 'N' Kicking Team

BARNET
LONDON BOROUGH