



Join Alive 'N' Kicking's **FREE** **Summer Holiday Club**

Alive 'N' Kicking is a **FREE** healthy lifestyles programme for children aged between 4* - 12 years who want to learn about nutrition, eat healthier, maintain weight and get more active!

In our Summer Holiday Clubs you will:

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



The Clubs are drop-off and for children aged 7-12 years (*4-6 year olds can attend if they have attended a previous ANK club), and will take place at these locations:

Burnt Oak Leisure Ctre, HA8 0NP
Dates in August tbc
Time: 1030am-1230pm

All Saints Church Hall, N20 9EZ
Dates in August tbc
Time: 1030am-1230pm

**For details/ to book email:
or telephone:**

barnet@ank.uk.com
020 8102 0530

These clubs are FREE and paid for by Barnet Public Health