

Family Fun with Health and Fitness

Try
Dance
Yoga
Walking



Try
Football
Keep Fit
Healthy Food

A FREE six week course to learn how to
lead a healthy lifestyle

Starts Monday 26th July at
The Festival Hall, Kirkby

4.30pm – 6.30pm

Open to any family with at least one child under 5 years
wishing to improve their fitness

Free healthy tea every week with dietary advice

To enrol or for more information please call
Christine Lee on 01623 528797