

# HEALTHY FAMILIES COURSE

Join our 5-week course designed to support families to make healthy lifestyle changes together!

Families with children aged 7-11 years



## Physical Activity

Each week families will play fun, interactive games.



## Resources & Recipes

Weekly resources to support lifestyle changes.



## Healthy Eating

Each week learning about a new healthy eating topic.



## Cooking Session

Develop new cooking skills and create low-cost tasty meals.

Where **Kirkby Primary School**

When **Starting Wednesday 17th April, 3:20-4:20pm**



To register interest or to find out more, email:  
[health.trainers@merseycare.nhs.uk](mailto:health.trainers@merseycare.nhs.uk) or scan the QR code.

