

SERVICES AVAILABLE IN RUSHCLIFFE FOR LOCAL SCHOOLS

Everyone Health are a **FREE** service commissioned by Nottinghamshire County Council. We aim to improve the health of everyone in our local community by working with key partners and offering a range of services.

ALIVENKICKING BY everyone HEALTH

Healthy Family Lifestyle Programme!

Ages 5-11

Alive N Kicking is a **free** interactive and engaging healthy lifestyle programme packed full of fun and learning supportive, welcoming and friendly environment. The aims of the course are increasing physical activity, promoting healthy eating habits and prevent childhood obesity.

The programme includes:

- ♥ 10-12 weekly sessions incorporating physical activity and nutrition education
- ♥ Nutrition support for parents
- ♥ Group sessions delivered in community settings and /or in school



Upcoming sessions:

Cotgrave Church of England Primary School

Starting September 27th 4-5pm



To sign up or get more information please contact your district Community Engagement Coordinator, Laura Walton-Taylor via:

07802873217 /

laurawaltontaylor@everyonehealth.co.uk