

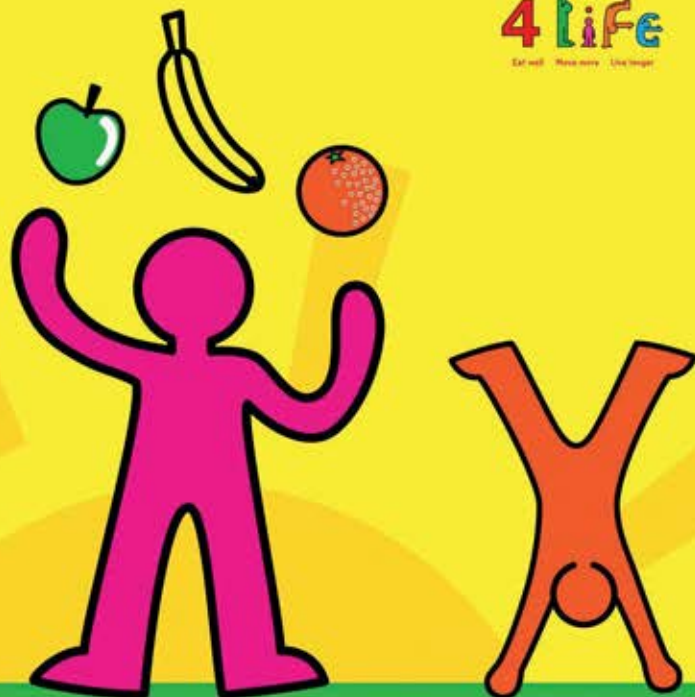
families for life

early years
programme

Families for Life
feeling good and living well



change
4 life
Eat well. Move more. Live longer.



Family fun
with active play

Tasty meal
and snack ideas

Fun family 'cook
and eat' sessions

Easy ways to get your
kids moving more

90 minutes of fun, free and easy ways to get your kids happy and healthy

For more information contact the Health and Wellbeing Team:

020 7974 6736

Or email us at: healthandwellbeingteam@camden.gov.uk

Or visit: www.camden.gov.uk/healthy-eating-families

To book your place online via the link: uk.bookingbug.com/home/45750-Camden-Sure

