



## Family Health Initiative

This is a **FREE 11 week healthy lifestyle programme** for **ALL FAMILIES** with a **child aged 8-11 years** who want to make healthier lifestyle choices. Families learn through fun, interactive sessions about healthy eating and physical activity. Each session finishes with active games and sports, encouraging families to try new activities and have fun together.

**Thursday 21<sup>st</sup> September 2017**  
**St Patricks P.S, Armagh**  
**6pm - 8pm**

### Layout of programme –

**Discussion Time – 45 minutes discussion**  
**Food Time – 15 minutes (Try new foods)**  
**Activity Time – 60 minutes physical activity**



| Session | Topic                         | Date                                   |
|---------|-------------------------------|--|
| 1       | Getting to know you           | Thursday 21 <sup>st</sup> September    |
| 2       | Physical Activity             | Thursday 28 <sup>th</sup> September    |
| 3       | The Eatwell Guide             | Thursday 5 <sup>th</sup> October       |
| 4       | Gimme 5- Fruit and Vegetables | Thursday 12 <sup>th</sup> October      |
| 5       | Reflecting on Mealtimes       | Thursday 19 <sup>th</sup> October      |
| 6       | Food Labelling and Shopping   | Thursday 26 <sup>th</sup> October      |
| 7       | Supermarket Tour              | Thursday 2 <sup>nd</sup> November      |
| 8       | Lunchboxes                    | Thursday 9 <sup>th</sup> November      |
| 9       | Healthy Routines              | Thursday 16 <sup>th</sup> November     |
| 10      | Ready Steady Cook, Quiztastic | Thursday 23 <sup>rd</sup> November     |
| 11      | Sharing and Reflection        | Thursday 30 <sup>th</sup> November     |
| 16      | Follow up session             | Thursday 11 <sup>th</sup> January 2018 |
| 24      | Follow up session             | Thursday 8 <sup>th</sup> March 2018    |
| 36      | Follow up session             | Thursday 31 <sup>st</sup> May 2018     |

**FREE FRISBEE, WATER BOTTLE, HIGHLIGHTER, SHOPPING BAG, NOTEBOOK & BEACHBALL** for those who attend all 11 weeks.

For more information & to register contact Diane on 07791334012