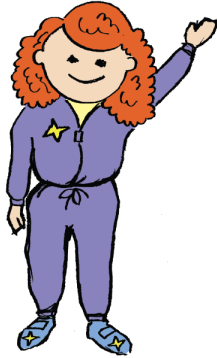


early years

the organisation for young children
family health initiative



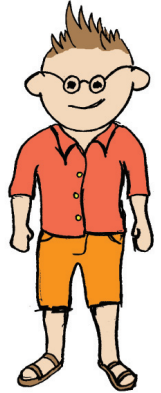
Stefan



Orla



Megan



Ben

Come and meet the healthy living gang!...

Part of a new 8 week healthy lifestyle programme for you and your 0-5 year old which is now available in your area.

The programme is for parents and children and includes:

- fun and games
- physical activity
- story telling with puppets
- healthy snacks
- follow up sessions
- **free samples and gifts**

Learn how to make healthier choices and become a healthier family!

To register, contact Diane Boyd on 07791334012.

*Available in Craigavon, Brownlow and Southern Health and Social Care Trust areas.





Healthy choices make
YOU feel good



Now also available... New 12 Week Healthy Lifestyle Programme:

Do you have a child aged 8-11 years and have concerns for their health?
Would you as a family like to work towards being a healthier, happier family?

This programme includes:

- Physical activity sessions - a chance to get active together
- Fun and games - quizzes, outdoor adventures
- Cool Cooking
- Supermarket Tour
- Healthy eating - what's in our food?

FREE FRISBEE, WATER BOTTLE AND ACTIVITY VOUCHER
for those who attend all 12 weeks, for your family to have fun
being active.

Make a positive change to your family's health and lifestyle today!

For further information or to register, contact:



Diane Boyd
Phone: 028 8554 9416
Mobile: 07791334012
Email: dianeb@early-years.org

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