

free Family Wellbeing programme



Would you like support with managing your child's weight, to build their confidence and provide a healthy lifestyle for your family?

The Family Wellbeing programme is tailor made for you and your family.

free, friendly advice and support starts here...

www.chichesterwellbeing.org.uk | 01243 521041

The Family Wellbeing programme includes 10 FREE one hour one-to-one sessions with a Wellbeing Specialist who will be your nutritional adviser, physical activity coach and provide support and motivation.

During the sessions you will:

- Learn the basics of nutrition in a fun and interactive way.*
- Learn lots of quick and easy recipes, try new foods and design meal plans.*
- Increase physical activity levels in a fun and easy way.*
- Learn different games and physical activities that you can do at home or out and about.*
- Build confidence, self-esteem and motivation.*

Family Wellbeing is available for families with a child/children aged 5 - 16 years old who are above the ideal weight for their height and age.

To find out more or to get started please contact:

**Caroline from START on 07712 290 606,
email caroline@123start.co.uk
or Chichester Wellbeing on 01243 521041,
email info@chichesterwellbeing.org.uk**



**Simple Training Achieves
Realistic Targets**