

**FREE**



# ALIVE 'N' KICKING

For families with children aged 5 – 17 years old!



**ENROLLING FAMILIES NOW**

Worried about your child's weight? Join one of our free weight management programmes for families who want to eat healthily, be more active and have fun doing this together.

**Helpful resources for parents and children.  
Recipe Challenges & FREE Activity Clubs!**

Sessions running in your area. **Call our team** for more information: **01908 046 380** or email: **info@whyweightmk.co.uk**