

HEALTHY CHOICES

A FREE lifestyle weight management programme
for FAMILIES in North Yorkshire

Personalised support—designed to be a FUN, positive
and energising experience

Together we will explore:

- * tips for eating healthily without breaking the bank
- * fun and free ways to stay active
- * small positive changes to help your family achieve & maintain a healthy lifestyle

INTERESTED?

To check if your child is eligible:

Call the team on 01609 798081

Or go to:

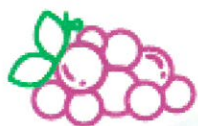
www.northyorks.gov.uk/healthy-choices



North Yorkshire
County Council

NORTH YORKSHIRE
HEALTHY CHILD PROGRAMME

Growing up healthy in North Yorkshire



Best thing we have
ever done and would
highly recommend it



Go for it! Only
good things will
come from taking
part



Feedback from families....

This is a fantastic programme!
More than just losing weight, the
support and care from them is
amazing



I am happy,
confident and
know what
choices to
make



Tel. 01609 798081

www.northyorks.gov.uk/healthy-choices