

Growing session Budgeting advice

Parenting tips

Then read on ..

Fit 4 Life



Home-Start are offering Northwood families a forfamilies a

Limited Crèche places and transport available.

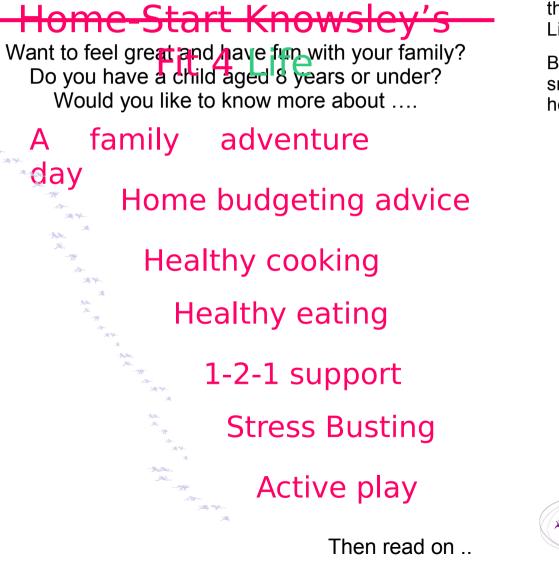
By taking part in our Fit 4 Life course you will see how small changes can help you and your family to have a healthier and more fulfilling lifestyle that will last a lifetime. Funded by Northwood Together



New course starting shortly To book a place or for more information contact Home-Start Knowsley Tel: 0151 480 3910 info@homestartknowsley.org.uk 55 Rupert Road, Huyton, Merseyside. Or Lisa on 07572 638 714







Fit 4 Life



Home-Start Knowsley are offering families a support and friendship inique opportunities to late active and detail and consists of 6 weekly "hands on" sessions on health and wellbeing, plus an exciting Family Adventure Day at the end of the course, that the whole family can take part in. Limited Crèche and transport available.

By taking part in our Fit 4 Life course you will see how small changes can help you and your family to have a healthier and more fulfilling lifestyle that will last a lifetime.



New course starting shortly To book a place or for more information contact Home-Start Knowsley Tel: 0151 480 3910 info@homestartknowsley.org.uk 55 Rupert Road, Huyton, Merseyside. L36 9TB

