

A family adventure
day

Healthy cooking

Healthy eating

Stress Busting

Growing
session

Budgeting advice

Parenting tips

Then read on ..

Fit 4 Life

Home-Start are offering Northwood families a unique opportunity to get active and healthy. **Fit 4 Life** takes place over 6 weeks and consists of lively "hands on" sessions on health and wellbeing, including an exciting Family Adventure Day that the whole family can take part in for free.

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

Interested?

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**

Home budgeting advice Home-Start Knowsley's Fit 4 Life

~~Home-Start Knowsley's~~

Want to feel great and have fun with your family?
Do you have a child aged 8 years or under?
Would you like to know more about

A family adventure
day

Home budgeting advice

Healthy cooking

Healthy eating

1-2-1 support

Stress Busting

Active play

Then read on ..

Fit 4 Life

Home-Start Knowsley are offering families a unique opportunity to get active and healthy. Fit 4 Life takes place over 7 weeks 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.

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