

Do you want to make a change?

Are you worried about your child's weight?

Then why not bring your family along to our **FAMILY HEALTH AND WELLBEING** program and:

- ♥ Become more healthy and active!
- ♥ Make new friends!
- ♥ Take part in fun activities!
- ♥ Get advice on healthy mealtimes!
- ♥ Spend quality time together!

For more information and to book your family a place then call
0333 005 0093 today!

Where – **MAPLE CENTRE, HUNTINGDON**

When – **SATURDAY'S 9:30 – 11:00**

Starting – **21ST JANUARY 2017**



A personalised free local
lifestyle service for you.

Make the change today



Call **03330 05 0093** or email



changepointcambs@everyonehealth.co.uk

Please note exclusions apply.

*Reduced rate number, Mon-Fri, 8am – 6pm. 24 hour voicemail.

ChangePoint.



Cambridgeshire
County Council

everyone
HEALTH