



New **FREE** Healthy Lifestyle Programme

FAMILY HEALTH INITIATIVE

'Healthier Choices, Healthier Families'



Would you as a family like to work towards being a healthier, happier family?

Then why not try out this new exciting family focused programme starting on:

Starting Tuesday 5th March (for 6 weeks)
At Whitehouse Nursery Newtownabbey
Time: 12.30pm-2.00pm

Whitehouse Primary School and Nursery Unit and Early Years - the organisation for young children are rolling out a new FREE exciting healthy lifestyle programme for families with children in **Nursery** (younger siblings also welcome to attend with parents/carer). This programme aims to help families make healthier choices looking at healthy eating, physical activity and wellbeing.

Session	Date	Topic
1	Tuesday 5 th March	Getting to know you
2	Tuesday 12 th March	Reflecting on Physical Activity
3	Wednesday 20 th March	The Eatwell Guide
4	Tuesday 26 th March	Food Labelling
5	Tuesday 2 nd April	Routines
6	Tuesday 9 th April	Sharing and Reflection
14	Tuesday 4 th June	Follow up session

Families will receive lots of exciting incentives each week including fruit & vegetables, physical activity equipment, shopping bags, recipe books and much more!

To register contact Whitehouse Nursery Unit or contact Diane on 07791334012



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 LIFESTYLES**
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This project is funded by the Northern Obesity Partnership