



LET'S GET HEALTHY

Small steps to a healthier you.
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HealthyKnowsley



FAMILIES HEALTHY LIFESTYLE COURSE!

Healthy Knowsley are excited to be delivering our 5 week Families Healthy Lifestyle Course.

Each week families will work together to take part in fun games and physical activity, while learning about different healthy eating topics!

Families will set weekly challenges and receive a range of resources to make exercise and healthy eating that little bit easier!



WHERE: Willow Tree Primary School!

**WHEN: Tuesdays 3:20-4:20.
Starting 18th April!**

WHO: KS2 Pupils and Family!

For more information please contact:

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