

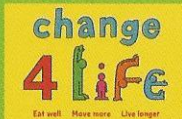
ace lifestyles for children & young people


FREE fun programmes for kids + young people
to become fitter + healthier!

- * do you have a child or relative aged 5-16 yrs old?
- * are you worried they might be unhealthy or even overweight?
- * if you are concerned we can help. we offer "tailor made" programmes for all age groups that are proven to work!

FOR HELP & ADVICE
0800 022 4524
acecic.lifestylesforchildren@nhs.net

call our team for details
about a programme near you.



Initiative funded by
 Essex County Council

Programmes will be running at
King Edmunds School,
Rochford starting in
September!
Monday's 5.30 - 7.30pm