



Reach

4-16
years

Reach is a free and fun programme for families, children and young people who are above a healthy weight

Opportunities for group or 1:1 sessions, including:

- ★ Activities to boost confidence and wellbeing
- ★ Physical activity
- ★ Ideas for healthy snacks and meals
- ★ A cooking session
- ★ Ideas to improve sleep and bedtime routines

To book a place or find out more contact:

☎ 01454 864005 ✉ publichealthcyp@southglos.gov.uk

👉 www.southglos.gov.uk/reach



Where:

Kingswood Leisure Centre

Starting: Thursday 26th September 19

Time: 4:30pm-5:45pm