

HEALTHY FAMILIES COURSE

Join our 5-week course designed to support families to make healthy lifestyle changes together!



Physical Activity

Each week families will play fun, interactive games.



Resources & Recipes

Weekly resources to support lifestyle changes.



Healthy Eating

Each week learning about a new healthy eating topic.



Cooking Session

Develop new cooking skills and create low-cost tasty meals.



Where Alt Bridge School. All ages welcome!

When Starting 14th November 2pm-3pm



To register interest or to find out more, email:
health.trainers@merseycare.nhs.uk or scan the QR code.

