



Family Health Initiative



This is a **FREE** 10 week Healthy lifestyle Programme for **ALL FAMILIES** with a **child aged 8-11 years and their siblings** who want to make healthier lifestyle choices. Families learn through fun, interactive activities about healthy eating and physical activity. Each session finishes with active games and sports, encouraging families to try new activities and have fun together.

Layout of programme – Family Time – 45 mins discussion

Snack Time – 15 mins (Try new foods)

Activity Time – 60 mins activity



**Starting Tuesday 13th June 2017
Christ Church, Killeel
6pm - 8pm**



Session	Topic	Date
1	Getting to know you	Tuesday 13th June
2	Physical Activity	Tuesday 20th June
3	Getting the Balance Right	Tuesday 27th June
4	“Gimme 5”	Tuesday 4th July
5	Meal Times and Routines	Tuesday 11th July
6	Food Labelling	Tuesday 18th July
7	Supermarket Tour	Thursday 20th July
8	Lunchboxes	Tuesday 25th July
9	Quiztastic and Cookery	Tuesday 1st August
10	Sharing and Reflection	Tuesday 8th August

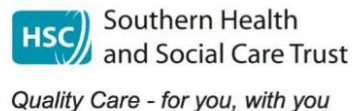
Each week families engage in a variety of activities including swimming, soccer, dance, games. Families decide activities according to their own interests.

FREE FRISBEE, WATER BOTTLE, BEACHBALL, SHOPPING BAG & VOUCHER for those who attend all sessions

For more information & to register contact Aveen on 07904560402



Project supported by the PHA



Quality Care - for you, with you

The Family Health Initiative is funded by the Public Health Agency.