



Have fun with our **FREE** healthy lifestyle workshops and activity sessions for children aged 5-7 years and their families



fun-factor

The healthy way 2 go



Move fwd and join our **FREE** nutrition and activity sessions for 8 – 12 year olds who are above their ideal weight



fwdfactor

The healthy way 2 go



Make time 4u and join our **FREE** nutrition and physical activity sessions for 13-16 year olds who are above their ideal weight.



4u-factor

The healthy way 2 go



The healthy way 2 go

These programmes aim to help children (aged 5-7 years), (8-12 years), (and 13-16 years) and their families, to move towards a healthier lifestyle. Sessions operate every school term at various local venues and include nutrition workshops and activity sessions. Call us now if you are ready to try out a great new programme.

To find out if you and your family would benefit from these programmes, please contact our Programme Coordinator Fiona Nugent.

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Facilities managed by DC Leisure in partnership with Kingston Council