

eat well, move more

A family based healthy lifestyles, 6-week community programme, for 4-16 years

Starting in September 2025.

Sessions will be running every Tuesday (Elmwood Family Hub) 4.15pm-5.45pm and Thursday's (Alderbrook School) 5.15pm-6.45pm. The sessions are **FREE and include:**

- Support to make healthier choices
- Interactive sessions for the whole family
- Healthy eating and nutritional advice
- Tips and ideas for being more active
- Fun physical activities, games, and rewards



All children to be accompanied by an adult. For further information on how to refer your child, please visit:

<https://solihullonthemove.co.uk/get-support-to-be-active/families/eat-well-move-more/> or call 0121 704 8207



For more info visit:

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**Better
Health** healthier
families

