

**ALIVE
N
KICKING**

alive 'n'kicking

Free programme

New Year – New Healthy You!

Join Alive'N'Kicking's **FREE** Activity & Nutrition Club

• Alive'N'Kicking is a **FREE** healthy lifestyles programme for children aged between 4 - 12 years and their families, who together want to lose weight, eat healthier and get more active!

In our Clubs you will:

- Play games and sports
- Learn more about healthy eating and nutrition
- Make smoothies, healthy wraps and fruit kebabs
- Get more active as a family
- Get weekly recipes to make at home
- Discover healthy snack options

The Clubs take place at these locations around the borough:

- Goldbeaters Primary School, HA8 OHA – Mondays from Jan 23rd
- St Paul's Church Hall, N3 2PU – Tuesdays from Jan 24th
- The Orion Primary School, NW7 2AL – Tuesdays from Jan 24th
- All Saint's Church Hall, N20 9EZ – Wednesdays from Jan 25th
- St Mary and St John CE Primary School, NW4 3SL – Thursdays from Jan 26th



Please contact us for start dates

and to book a place on: **020 8102 0530** Please call to

or email: barnet@ank.uk.com

Book - Not School Office

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Stay Healthy!
The Alive'N'Kicking Team

BARNET
LONDON BOROUGH