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Dear Parents/Carers

Free Teen and Family Clubs

We are delighted to inform you that One Life Suffolk will be running free family and young person's weight management programmes across Suffolk. The programme is for students aged 4 - 17 to take part in and encourages healthy weight and eating.

Sessions are being held at Everyone Active, Stowmarket Leisure Centre on Wednesdays from 4.15pm – 5.15pm for 4-11 year olds and 5.30pm – 6.30pm for 12 – 17 year olds.

For further information please call: 01473 718193 or go to their website www.onelifesuffolk.co.uk or email: info@onelifesuffolk.co.uk

The flyer for this health opportunity appears on our website for further information.

Yours sincerely

M. Dickings

Mrs M. Dickings
Programme Leader for PSHE