



Free
Healthy, Tasty
Snacks



Fun, Active
Games

Change4Life Kids' Club

Free six-week club programme with food and fun
physical activities for children and families!

at **Flashpoint Centre**

World's End Place, World's End Estate, Chelsea, SW10 0HE

Thursdays from 11th November to 16th December

From 4.15 - 5.15pm

For children aged 5-11 to attend with a parent or carer



Tips and Activities
for Healthier
Eating



Free and fun for
all the family

Register Now!

Online:
[www.family-action.org.uk/
change4lifeservice](http://www.family-action.org.uk/change4lifeservice)

By Phone:
020 8960 0744

Or scan here



Find out more about free Change4Life clubs and family coaching at
www.family-action.org/change4lifeservice