



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 St Andrew's Club

Alec Wizard House, 12 Old Pye Street, Westminster SW1P 2DG

Wednesdays from 10th November to 15th 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