



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 Jude's Community Hall**
71 Ilbert Street, Queen's Park W10 4QH

Mondays from 20th September to 25th October
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