



Free
Healthy, Tasty
Snacks



Fun, Active
Games

Change4Life Clubs

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

at Abbey Centre

34 Great Smith Street, SW1P 3BU

Every Monday from 2nd to 23rd August, 2.00-3.30pm

Kids' Club

Ages 5-11

with a parent or carer

Young People's Club

Ages 11-19

(up to 25 with SEND)



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