



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 Venture Centre

103a Wornington Road, North Kensington, W10 5YB

Tuesdays from 21<sup>st</sup> September to 26<sup>th</sup> 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](http://www.family-action.org/change4lifeservice)