



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 Venture Centre

103a Wornington Road, North Kensington, W10 5YB

Every Thursday from 5<sup>th</sup> to 26<sup>th</sup> August

**Kids' Club**

**Ages 5-11**

**with a parent or carer**

**3.00 – 4.00pm**

**Young People's Club**

**Ages 11-19**

**(up to 25 with SEND)**

**5.00 – 6.00pm**



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)