



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 **Queen's Park Children's Centre**

88 Bravington Road, W9 3AL

Every Tuesday from 27<sup>th</sup> July to 17<sup>th</sup> August,  
10-11am

Every Wednesday from 4<sup>th</sup> August to 25<sup>th</sup>  
August, 1:30-2:30pm

**Mini Club**  
Ages 0-4  
with a parent or carer

**Start4Life Club**  
For expectant parents and  
birth partners



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)