

family

lifestyle

clubs

Kent Community Health

NHS Foundation Trust

NHS



ready

steady

GO!

and

change
4 life

Eat well Move more Live longer

Two great clubs to help you and your family reach a healthy weight and get more active - together!

Healthy kids are happy kids, and if you and your family are ready to make some changes, we're here to help. Our family lifestyle clubs will give you all the support, advice and help you need to get fit, eat healthy foods and enjoy life together. No lectures, just good fun. Best of all - they're free!



change
4 life
Eat well Move more Live longer
club

change 4 life club is for children aged 7 - 11 and their grown ups who want help to eat well and move more. Packed with games, tips and ideas, change 4 life club can get you on your way to a happier, healthier future!

ready steady
GO!

ready steady GO! is for families who need a bit more help to make the change to a healthier future. To find out if ready steady GO! will suit your family call our friendly team.

start your journey today!
call 0300 123 1220 (option 2)

Live well, live longer!

www.kenthealthandwellbeing.nhs.uk