



TriClub Digital

Join our 10 week course from the comfort of your own home



Family sessions

Starts: Tuesday 12th January 2021

Time: 4:30-6:00pm

Plus parent/carer sessions every Thursday

call 01634 333741
or email
change4life@medway.gov.uk

Is this course suitable for my family?

If you are a family with a child above a healthy weight aged 8-12 years old

LIVE HAPPY

EAT WELL

MOVE MORE

A BETTER MEDWAY
Leading change to the healthy

Medway
Serving You



TriMini Digital

Join our 10 week course from the comfort of your own home



Family sessions

Starts: Monday 11th January 2021

Time: 4:30-6:00pm

Plus parent/carer sessions every Thursday

call 01634 333741
or email
change4life@medway.gov.uk

Is this course suitable for my family?

If you are a family with a child above a healthy weight aged 4-7 years old

LIVE HAPPY

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