



Family Health Initiative

Come and meet the healthy living gang!...



This is an **8 week healthy lifestyle programme** for **all families** who have a **child under 5 years**. Each week parents will learn about healthy eating and physical activity, and the impact these have on a child's life. During Food Time a healthy snack will be provided for children to try new foods. Each session will finish with adults and children taking part in fun active games, and learn how to be healthy with puppets Ben, Orla and friends.

Starting Wednesday 22nd April 2015
Mourneview Community Centre, Lurgan
11am – 12.30pm

Layout of programme: Parent Time – Weekly topic discussion
Food Time – Healthy snack
Family Time – Puppets, story and activities

Dates	Topic
Week 1: Wednesday 22nd April	Reflecting on Meal Times
Week 2: Friday 1st May	Reflecting on Physical Activity
Week 3: Wednesday 6th May	Getting the Balance Right
Week 4: Friday 15th May	Gimme 5
Week 5: Wednesday 20th May	Food Labels & Shopping
Week 6: Friday 29th May	Managing Behaviours
Week 7: Wednesday 3rd June	Healthy Weight & Self-Esteem
Week 8: Friday 12th June	Sharing & Reflection

Families who complete the programme **receive 3 free storybooks**: Ben Loves to Play, Megan's Garden & Orla's Party, to read to your child, and lots more!

To register or find out where your nearest programme is telephone Diane on 07791334012



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