

Family Health Initiative

This is a **FREE** 12 week **healthy lifestyle programme** for **ALL FAMILIES** with a **child aged 8-11 years** who want to make healthier lifestyle choices. Families learn through fun, interactive sessions about healthy eating and physical activity. Each session finishes with active games and sports, encouraging families to try new activities and have fun together.

Layout of programme –
Family Time – 45 mins discussion
Snack Time – 15 mins (Try new foods)
Activity Time – 60 mins activity

Starting Tuesday 21st April @
Windmill Integrated P.S Dungannon
30 Old Eglsh Road, BT71 7BE
6pm – 8pm

(This programme is open to ALL families and all schools)



Week	Topic
1	Getting to know you
2	Physical Activity
3	Getting the Balance Right
4	“Gimme 5”
5	Meal Times
6	Quiztastic
7	Labels & Fast food
8	Supermarket Tour
9	Lunchbox Ideas
10	Routines
11	Cooking
12	Sharing & Reflection



Each week families engage in a variety of activities including swimming, soccer, dance, games. Families decide activities according to their own interests.

***FREE FRISBEE, WATER BOTTLE, BEACHBALL, SHOPPING BAG, NOTEPAD & VOUCHER for those who attend all 12 weeks, to get active.**

For more information & to register contact Diane on 07791334012



Project supported by the PHA



Quality Care - for you, with you



The Family Health Initiative is funded by the Public Health Agency. Active Communities Coaches support this programme and are funded by the ‘Sport Northern Ireland lottery Active Communities programme’