



Family Health Initiative



This is a **FREE** 12 week Healthy lifestyle Programme for **ALL FAMILIES** with a **child aged 8-11 years and their siblings** who want to make healthier lifestyle choices. Families learn through fun, interactive activities 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 3rd November 2015 @

Bessbrook Community Centre, The Pond Field, BT35 7BS

6pm – 8pm



Session	Topic	Date
1	Getting to know you	Tue 3rd November
2	Physical Activity	Tue 10th November
3	Getting the Balance Right	Tue 17th November
4	“Gimme 5”	Tue 24th November
5	Meal Times	Tue 1st December
6	Quiztastic	Tue 8th December
7	Cookery	Tue 12th January
8	Food Labelling	Tue 19th January
9	Supermarket Tour	Thurs 21st Jan
10	Lunchboxes	Tue 26th Jan
11	Routines	Tue 2nd Feb
12	Sharing and Reflection	Tues 9th Feb



Each week families engage in a variety of activities including swimming, soccer, dance, games.

***FREE FRISBEE, WATER BOTTLE, BEACHBALL, SHOPPING BAG & VOUCHER for those who attend all sessions**

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’