



Family Health Initiative



This is a **FREE 11 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.

Starting Tuesday 16th January
St Teresa's Primary School Lurgan
5.30pm-7.30pm



Layout of programme: **Discussion Time – 45 minutes discussion**
 Food Time – 15 minutes (Try new foods)
 Activity Time – 60 minutes physical activity

Session	Topic	Date
1	Getting to know you	Tues 16 th January
2	The Eatwell Guide	Tues 23 rd January
3	Gimme 5- Fruit and Vegetables	Tues 30 th January
4	Food Label Detectives	Tues 6 th February
5	Supermarket Tour	Tues 13 th February
6	Physical Activity	Tues 20 th February
7	Reflecting on Mealtimes	Tues 27 th February
8	Lunchboxes	Tues 6 th March
9	Healthy Routines	Tues 13 th March
10	Ready Steady Cook, Quiztastic	Tues 20 th March
11	Sharing and Reflection	Tues 27 th March
16	Follow up session	Tues 1 st May
24	Follow up session	Tues 26 th June
36	Follow up session	Tues 18 th September

FREE FRISBEE, WATER BOTTLE, HIGHLIGHTER, SHOPPING BAG, NOTEBOOK & BEACHBALL for those who attend all 11 weeks.

For more information & to register contact Diane on 07791334012



The Family Health Initiative is funded by the Public Health Agency.