



HEALTHY CHOICES

A FREE AND CONFIDENTIAL 12 WEEK PROGRAMME TO FIT AROUND YOUR FAMILY TO SUPPORT CHILDREN AND YOUNG PEOPLE ACHIEVE AND MAINTAIN A HEALTHY WEIGHT.

The personalised support is designed to be a fun, positive and energising experience.

Together we will explore: how to eat healthily without breaking the bank, fun and free ways to stay active; small positive changes to help you achieve a healthier lifestyle.

INTERESTED?

VISIT:

**[www.northyorks.gov.uk/
healthy-choices-children](http://www.northyorks.gov.uk/healthy-choices-children)**

OR CALL THE TEAM:

01609 798081



North Yorkshire
County Council

**NORTH YORKSHIRE
HEALTHY CHILD PROGRAMME**
Growing up healthy in North Yorkshire