

Families getting **healthy**

Together



WITH COLCHESTER UNITED COMMUNITY SPORTS TRUST

Healthy Together is a **FREE** programme for parents/carers and children* wishing to **get active**, learn about **healthy eating** and develop a **happy and healthy family lifestyle**.



The 8 week programme for families with children aged 4 to 7-years-old includes:

- Fun, games and physical activity sessions for children
- Practical tips and healthy eating advice for parents
- Cook and eat taster sessions
- Confidence and relationship building activities.

Participants receive a goodie bag, prizes and special incentives including Colchester United Football Club match tickets.

Introduction TBC

Start date: TBC

When: October 2010

Where: St. Andrews, Hickory Ave, Greenstead, Colchester.

How to book: Ring 01206 572378,
email health@cucst.org.uk

(Places are allocated on a first come, first served basis.)

The programme is delivered by qualified health and fitness professionals
*Please note a parent or carer must attend each session with their child/ren.

For more information about Colchester United Community Sports Trust visit www.cucst.org.uk

Programme is supported by:


North East Essex

Colchester Hospital University 
NHS Foundation Trust

 **Colchester United
Community Sports Trust**


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