



# Healthy Families

Healthy Families is a new **free** class for adults and children to attend together. Small changes can make a huge difference to a healthier family.

Based in your local community there are classes for children aged 2-5yrs and 5-8yrs and for any parent, guardian or grandparent to come along and join the fun.

Classes are now running in your area and will be based around healthy eating and fun physical activity for the whole family.

Healthy Families will be running in venues across South/North Lanarkshire.

To book your free place get in touch with:

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