

FILL IN THE FORM BELOW FOR YOUR CHANCE TO CHANGE YOUR FAMILY'S LIFESTYLE FOR THE BETTER

It's difficult in this modern world full of sugary drinks, fast food, snacks and computer games to keep a good eye on your child's lifestyle and to avoid the health problems that can come from them being above a healthy weight.

OUR ACTIVITY COURSE OFFERS YOUR CHILD THE CHANCE TO:

LEARN HOW MUCH SUGAR IS IN THEIR DRINKS...

FIND OUT WHAT FOOD LABELS ACTUALLY MEAN...

LEARN RECIPES THAT TASTE DELICIOUS...

DISCOVER HOW TO SHOP SMART IN A SUPERMARKET...

Fill in this form and send it back and we'll be in touch to give you more information

Tear along this line and put in the post













LIVE WELL LUTON
28 Dunstable Road
LUTON

LU1 1DY



On a scale of 1 – 10 mark how useful you think the healthy lifestyle and activity course would be for your family...

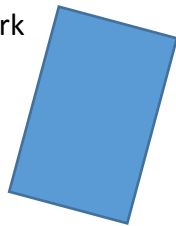
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Luton Borough Council have asked Live Well Luton to deliver this service. Therefore, all services we offer are FREE. There are limited spaces so please reply asap. If you'd like more information, please contact us to see if this is the right option for you and your family. It doesn't cost anything to find out...

The courses are for children between the ages of 5 and 15, and for parents/carers to come along and help them learn how to eat well, keep active, and reach and maintain a healthy weight.

*only available for children above a certain BMI; the specialist practitioner will contact you to determine if the criteria are met.

Free fun book to work
through together



Learn about:

Nutrition

Physical activity – how to keep moving

Psychology – how we think about food

Building healthy habits for a lifetime

The programmes are delivered across Luton at the following venues.

Mondays: Riverbank primary school, Bath Road, LU3 1ES. 4.30pm-6pm

Bushmead Community Centre, Hancock drive, LU2 7SF. 4-5.30

Tuesdays: Barnfield west academy, Leagrave High St, LU4 0NE. 5pm-6.30pm

Wednesdays: Dallow learning community centre, Dallow Road, LU1 1TB. 4pm-5.30pm

Lea Manor Recreation Centre, Northwell Drive, LU3 3TL 4.30-6

Thursdays: Hightown Sports and arts centre, Concorde Street, LU2 0JD. 5PM – 6.30PM

Parent/Caregivers Full Name:

Contact Phone Number:

Email Address:

I am happy to be contacted by Live Well Luton to see if my child may be able to participate in the healthy lifestyle and activity course YES NO

If you would prefer to contact us directly, rather than send this letter off:

Email Lauren Arthur at Lauren.arthur@livewell-luton.org.uk

Or phone Lauren on 01582 757 635. Quote **Code A1**.