

FIT & ALL



Fun, free healthy lifestyle programmes for everyone to:

- Get Active • Eat Well • Feel Great

 **HEALTHY LiViNG**
www.healthysthelens.co.uk



St. Helens
Council

The Fit4All Team look at the importance of a healthy diet, active lifestyle and positive wellbeing and how this can help everyone throughout their life.

Our FREE 4 week programmes run year round in various locations across St.Helens.

Sessions include:

- Cook & Taste
- Fit4All Families
- Teen Gym

“Good to see the difference in my knowledge of healthy eating, and guidelines for children, since we started”

“It has really opened my eyes to our family’s diet as a whole”

“Very impressed!”

Course Information

The Fit4All course starts in April right here @Allanson Street Primary School

Tuesday 23rd April 2019 we will be in the School to sign up the families from 15:00 who are interested in attending the course.

Course Dates:
Tuesdays after School 15:30-16:30
30th April-21st May 2019

We look forward to hopefully seeing you very soon!!

If you'd like to find out more, please get in touch:

☎ 0300 300 0103

🌐 www.healthysthelens.co.uk/fit4all

🐦 @HealthySTH

📘 HealthySTH

✉ hit@sthelens.gov.uk



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