



**LET'S GET
HEALTHY**

Small steps to a healthier you.
Visit healthyknowsley.co.uk to find out how.

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FAMILIES HEALTHY LIFESTYLE COURSE!

In the park!!

Our **FREE** 5 week course is starting
Thursday 11th May.

Location: Millennium Park (The Chad)

Time: 4:14-5:15pm

Eligibility: Families with children in year 3,
4, 5 and 6 at primary school, Knowsley
residents.

To book your place email:
health.trainers@merseycare.nhs.uk

WHAT'S INCLUDED?

**Physical activity games in your
local park!**

Virtual cooking sessions

**Support from Sports Coaches to
make healthier lifestyle changes!**

