

FREE!

# FAMILY ACTIVE FOR HEALTH

A 6-week activity course for families (with children 7-10 years) who are concerned about their weight. This course will help you improve your fitness, socialise, learn new skills and come together as a family with other families!

## UPCOMING COURSE

One Leisure St Ives Thursdays 16:30-17:30  
Starting 10th November 2022 for 6 weeks

For more info and to book, please visit  
[www.huntingdonshire.gov.uk/activeforhealth](http://www.huntingdonshire.gov.uk/activeforhealth)  
Or scan the QR code!

