your local healthcare provider

ace anglian community enterprise Lifestyle

A FREE, informative and supportive programme for children at primary school and their families.

DEAL caters for kids/teens above a healthy BMI for their age.

The programme combines fun physical activity sessions for kids/teens and information sessions for parents.

The sessions are designed to encourage and support families in maintaining an active lifestyle and a healthy weight.

For more information and to find a programme near you call:

0800 022 4524 option 5

or email acecic.lifestylesforchildren@nhs.net