

CHIMPS

Child Health Improvement Sessions

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



CHIMPS caters for children above a healthy BMI for their age.

The programme combines fun physical activity sessions for children 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

Email: acecic.lifestylesforchildren@nhs.net