



Starting on
Thursday 2nd May,
3pm-4.30pm at
Our Lady's
Primary School

Best Foot Forward is a programme for the whole family.

It aims to give each person confidence to explore their household routines and make positive changes for their family's future health.

The sessions are interactive and include information and advice around healthy lifestyles, as well as the opportunity for the whole family to take part in some fun activities, meet new people and share ideas

Best Foot Forward



Helping families take positive steps
towards a healthier lifestyle!



Delivered over 8 sessions the programme covers topics including Portion sizes, Fussy Eating, Child Smile, Eating well on the go, sleep and screen time. Each session will also include a fun family sports activity and a Take Home your Tea bag for each family, this includes a recipe card and ingredients to take home and cook together.



For more information Contact :-
jcameron@liveactive.co.uk or
Kirstin at tay.chws@nhs.scot





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