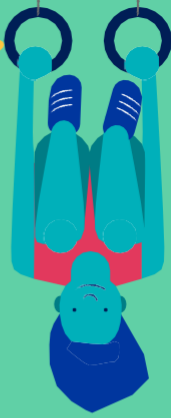




**One
Life
KIDS**
HEAPS OF FUN



It's time to mix things up!

Our **FREE** One Life Kids Clubs are starting again this January!

We encourage small changes that the whole family can make!

Learn about what a healthy lifestyle really means, such as:

- Healthy eating
- Sleep
- Physical activity
- Wellbeing

To help your family feel great!

- We have clubs starting online on ZOOM
 - On **Wednesdays** beginning the **19th January**
 - Between **5:30 – 6:30pm**

To learn more scan the QR code or head to our website!



CALL
01473
718193



SCAN ME

onelifesuffolk.co.uk