

**ALIVE  
N  
KICKING**

# alive 'n'kicking

Free programme

## New Year – New Healthy You!

### Join Alive'N'Kicking's **FREE** Activity & Nutrition Club

• Alive'N'Kicking is a **FREE** healthy lifestyles programme for children aged between 4 - 12 years and their families, who together want to lose weight, eat healthier and get more active!

#### In our Clubs you will:

- Play games and sports
- Learn more about healthy eating and nutrition
- Make smoothies, healthy wraps and fruit kebabs
- Get more active as a family
- Get weekly recipes to make at home
- Discover healthy snack options

#### The Clubs take place at these locations around the borough:

- Goldbeaters Primary School, HA8 OHA – Mondays from Jan 23rd
- St Paul's Church Hall, N3 2PU – Tuesdays from Jan 24th
- The Orion Primary School, NW7 2AL – Tuesdays from Jan 24th
- All Saint's Church Hall, N20 9EZ – Wednesdays from Jan 25th
- St Mary and St John CE Primary School, NW4 3SL – Thursdays from Jan 26th



Please contact us for start dates

and to book a place on: **020 8102 0530** Please call to

or email: [barnet@ank.uk.com](mailto:barnet@ank.uk.com)

Book - Not School  
Office

change  
**4 life**

**Stay Healthy!**  
**The Alive'N'Kicking Team**

**BARNET**  
LONDON BOROUGH