

Let's Get Active

Free local workshops



Come
along!

Have fun while
you discover the
benefits of activity
for you and your
little ones

**Come along and try out some fun ways to
get the whole family up and moving together
– at home and when out and about.**

Come along to discover the benefits of being active:

- Being active is great for your child's physical development and health
- It helps build their confidence and social skills
- Active children are more likely to enjoy life and sleep well

Venue:

Date:

Contact: