



Join the fun!

FREE!
for
families

Change makers has come to Newburgh Primary school!

What is Change Makers...?

Change Makers is a FREE 9 week healthy living programme for families! Change Makers is made up of fun Healthy eating games and activities for the whole family, with many special guests providing fun taster sessions in **Tae Kwon Do**, **Drama**, and **cooking**! As well as weekly **sports coaching**, and the chance to win prizes, swim vouchers and certificates.
Its fun, lively and **FREE!**

Change Makers is for...

Families with children between 4 and 12 years of age who want to know more about healthy eating and getting active, parents/ carers must attend all sessions, siblings are welcome.

Interested?..

Come along to your course in Newburgh Primary School
Wednesdays 3.30pm-5pm
1st February- 5th April 2017



Learn about what makes a healthy and balanced meal



Make pitta pizzas with Adult & Community Learning Services

Please call Loren Manning on 07773 047327, email at fitterfutures@rugby.gov.uk or register your interest online at <http://fitterfutureswarwickshire.co.uk/>