

# Children & Families Living Well Service



## Healthy Families Programme

6 weeks of FREE  
1 hour fun interactive  
group sessions:



WEEK 1

Intro and physical  
activity (pt 1)

WEEK 2

Physical activity (pt 2)  
and screen time

WEEK 3

Food groups and  
what they mean

WEEK 4

Food labels and  
portion sizes

WEEK 5

Snacking &  
lunch boxes

WEEK 6

Sleep, wrap-up  
& certificates

