

# fwdfactor

The healthy way 2 go



Move fwd and join our **FREE** nutrition and activity sessions for 8 – 12 year olds who are above their ideal weight

A healthier **Kingston**

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## The healthy way 2 go

A brand new session which aims to help kids (8-12 years) and their families move towards a healthier lifestyle. Sessions run for 10 weeks and include food workshops, swimming and activity sessions. Call us now if you are ready to try out a great new programme.

**Thursday 19th January 2012 at 4.30pm**

To find out if you and your family would benefit from this programme, please contact our Programme Co-ordinator at **Kingfisher Leisure Centre**.

Kingfisher Leisure Centre  
Fairfield Road, Kingston-upon-Thames

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Fitness Industry Association  
Operator of the Year 2008 & 2009



Facilities managed by DC Leisure in partnership with Kingston Council

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