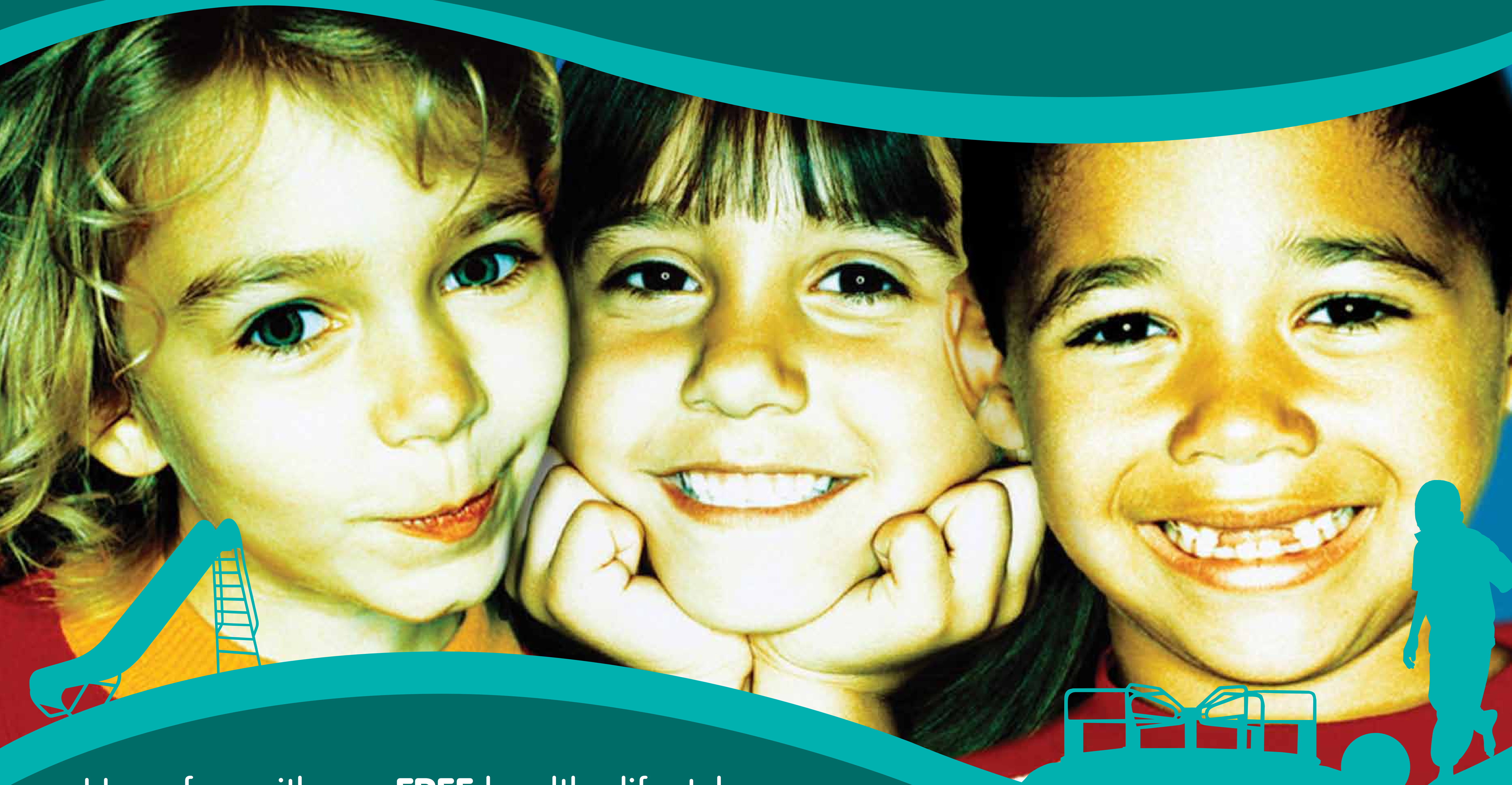


# fun-factor

## The healthy way 2 go



Have fun with our **FREE** healthy lifestyle workshops and activity sessions for children aged 5-7 years and their families.

**Starts on Wednesday 22nd September at 4pm**

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  
07754 148239 (during office hours)  
[fionanugent@dcleisure.co.uk](mailto:fionanugent@dcleisure.co.uk)



Facilities managed by DC Leisure in partnership with Kingston Council.



# 4u-factor

## The healthy way 2 go



Make time 4u and join our **FREE** nutrition and physical activity sessions for 13-16 year olds who are above their ideal weight.

**Starts on Monday 20th September at 4pm**

To find out if you would benefit from this programme, please contact our Programme Co-ordinator at **Tolworth Recreation Centre**.

Tolworth Recreation Centre  
Fullers Way North, Tolworth  
07754 148239 (during office hours)  
fionanugent@dcleisure.co.uk



Facilities managed by DC Leisure in partnership with Kingston Council.

