

# 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.

A healthier **Kingston**

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## The healthy way 2 go

A brand new session aimed at getting 5-7 year old's more active and to help families learn how to lead a healthier lifestyle. Sessions run for 10 weeks and include fun games, nutrition information and support to develop healthy habits.

**Monday 19th September 2011 at 4.00pm**

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

Malden Centre  
Blagdon Road, New Malden

07754 148239  
fionanugent@dcleisure.co.uk



Fitness Industry Association  
Operator of the Year 2008 & 2009

Facilities managed by DC Leisure in partnership with Kingston Council

