

Leicestershire Nutrition & Dietetic Service

NHS Family Lifestyle Club (FLiC)

Would you and your child like to learn more about healthy eating and being active?

What is FLiC?

FLiC is a **FREE** 6–8 weekly 2-hour food and activity group to help families with children aged 8-13 years old who need support to maintain a healthy weight



Friendly and relaxed sessions

- Children play fun games like Dodge Ball
- Parents and children learn about healthy eating, snacking, portion sizes, screentime, and lots more
- Families make healthy snacks

Join our next FLiC Group

Starting April at:

New Parks Leisure Centre Aylestone Leisure Centre The Peepul Centre

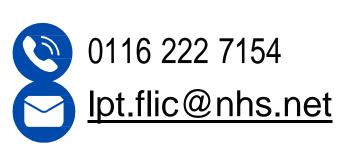
4-6pm







CONTACT OUR TEAM:



Please leave your **name** and **contact number on voicemail** if no one answers your call.

