



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

What happens at FLiC each week?

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**



Comment from a child
What did you like best about FLiC?
“The activities, making the snacks and learning about healthier options.”

Join our next FLiC Group

Starting April at:

New Parks Leisure Centre
Aylestone Leisure Centre
The Peepul Centre

4-6pm

CONTACT OUR TEAM:



0116 222 7154



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



Sign up today!