



Free Healthy Lifestyle Programme for children aged 5 – 13 years who are above a healthy weight (overweight). Supporting families to be healthier and fitter through nutrition and physical activity. Sessions include healthy eating workshops and physical activities and for the whole family.

Session	Venue	Day and Time
<p>Junior Gym 11 – 13 years Free 6 or 8-week healthy eating programme with free access to the gym</p>	<p>Dormers Wells Leisure Centre Dormers Wells Lane, Southall, UB1 3JB 5th June – 10th July 2023 25th September – 20th November 2023 22nd January – 18th March 2024 *Excluding half term holidays</p>	<p>Mondays 5.00 – 6.30pm</p>
<p>ALFIE Healthy Families 5-13 years</p>	<p>Haven Green Baptist Church Castlebar Road, London, W5 2UP 2nd May – 27th June 2023 26th September – 21st November 2023 23rd January – 19th March 2024 *Excluding half term holidays</p>	<p>Tuesdays 5.00 – 6.30pm</p>
<p>ALFIE Healthy Families 5-10 years AND ALFIE HIIT Class 11- 13years</p>	<p>Ravenor Primary School Greenway Gardens, Greenford, UB6 9TT 3rd May – 28th June 2023 27th September – 22nd November 2023 25th January – 20th March 2024 *Excluding half term holidays</p>	<p>Wednesdays 3:45 – 5:00pm 5-10 years Or 5:00 – 6.30pm 11 – 13-years</p>
<p>ALFIE Online 5-13years</p>	<p>ALFIE Healthy Families 5-13years 4th May – 29th June 2023 28th September – 23rd November 2023 26th January – 21st March 2024 *Excluding half term holidays</p> <p>Parent Only (for parents of children 5 – 13) 4th May; 8th June; 6th July 2023 28th Sept; 19th Oct; 23rd Nov 2023 26th January; 27th February; 22nd March 2024</p>	<p>Thursdays 4:00 – 5:30pm 5 – 13 years</p> <p>Parent Only 5:30 – 6:30pm</p>

Places on these programmes are very limited. Parent/Carer MUST attend
To book a place please or call/ text 07909 000 796 or call Ealing Admin Hub on 0208 102 5888

Email clcht.ealinghealth4life@nhs.net

You can also find us on Instagram (search ALFIE_Ealing)

We also have Summer Holiday; 2- 4 years and 14 plus programmes call for more info!