

# Our virtual Family Clubs are starting this month!

Running via zoom, our clubs  
feature activity challenges  
and cookery demonstrations!



Learn about healthy lifestyle topics such as food labels, sleep, portion control, physical activity and more!

\*Eligibility criteria: child's BMI to be above 91st centile

Go to [onelifesuffolk.co.uk](http://onelifesuffolk.co.uk) to learn more and sign up!

