



Places for our Family groups starting soon!

Aimed at children from 5 to teen's, our sessions will help you eat healthier, sleep better and get more active.



**One
Life
Suffolk**

If you would like to get involved
head over to our website:

www.onelifesuffolk.co.uk or call: 01473 718193

**Families
and
Young People**



@onelifesuffolk @onelifefyp



'Eligibility criteria: child's BMI above 91st centile'