

# 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.

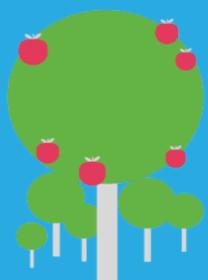


# One Life Suffolk

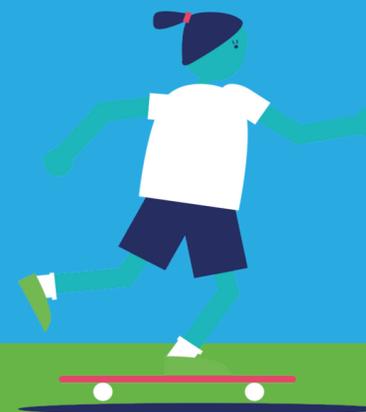
If you would like to get involved head over to our website:

[www.onelifesuffolk.co.uk](http://www.onelifesuffolk.co.uk) or call: 01473 718193

## Families and Young People



@onelifesuffolk @onelifefyp



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