

ARE YOU WORRIED ABOUT YOUR CHILD'S WEIGHT?

Would you like help to manage this?

Come along to the **Dynamo Club!**

A **FREE** 12 week course designed to help children and their families get fitter and healthier

- ✓ Make new friends!
- ✓ Try new sports with certified coaches!
- ✓ Learn to cook with the community chef!
- ✓ Get fitter and healthier!
- ✓ Discover tasty new foods!
- ✓ Learn how to make healthier food choices!
- ✓ Spend time together as a family!
- ✓ And most importantly, HAVE LOTS OF FUN!

Sessions are run by an activity coordinator and registered nutritionist Tuesday and Thursday evenings from September 2010

Contact Steve or Maya on 01322 311265 or at dsgf@hlcdartford.co.uk to book your place or to find out more

Alternatively you can book online at www.hlcdartford.co.uk

The Dynamo Club and Don't Sit Get Fit are part of the Change4Life movement. In order to maintain a healthy weight we need to both eat well and move more. Many families are making changes that will help them live healthier and longer lives. Visit www.nhs.uk/Change4Life or call 0300 123 4567 for more information.



Yes! I'd like to join the **Dynamo Club!**

Date:	
Surname:	
Parents' names:	
Children's names:	
Children's ages:	
Address including postcode:	
Home telephone number:	
Mobile number:	

Any medical conditions or allergies ?

Please send by post to: DSGF, Healthy Living Centre Dartford, St Edmund's Road, Dartford DA1 5ND

Or by email to: dsgf@hlcdartford.co.uk

