

Event:

Where:

When:

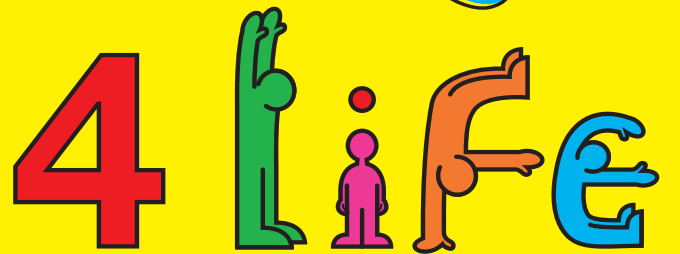
The details:

Change4Life is a nationwide movement which aims to help us all, but especially our kids, eat well, move more and live longer.

Visit www.nhs.uk/Change4Life or call 0300 123 4567*

*Calls to 03 numbers should cost no more than geographical 01 or 02 UK-wide calls, and may be part of inclusive minutes subject to your provider and your call package. Our offices are open from 9am to 6.30pm, Monday to Friday.

change



Eat well Move more Live longer