## Westminster change 4 Life

Young People

North Paddington Youth Club, 229 Lanark Road, W9 1EA Thursdays, 27 February - 27 March 6.30 - 8.00pm

Free club all about how to eat well, move more and feel good for young people aged 11-12 years

- Cooking activities
- Fun, active games
- Discussions on health topics



Scan here with your phone camera

Register now! Complete our online form at www.family-action.org.uk/change4lifeservice call us on 020 8960 0744 or scan the QR code

