



A **health and wellbeing** programme to support and encourage, lifestyle changes for **children, young people and families.**

- Free initial health check (inc. Welcome pack)
- Personalised health and wellbeing plan
- Access to fun physical activity sessions
- Access to educational workshops
- One to one advisor support
- Free progress updates
- Motivational tips and resources



**ACTIVE**  
TAMESIDE

[WWW.ACTIVETAMESIDE.COM](http://WWW.ACTIVETAMESIDE.COM)