



**Free Healthy Lifestyle Programme for children aged 5 – 13 years who are above a healthy weight (overweight). Supporting families to be healthier and fitter through nutrition and physical activity. Sessions include healthy eating workshops and physical activities and for the whole family.**

Session	Venue	Day and Time
<p><b>Junior Gym</b>  <b>11 – 13 years</b>                      Free 6 or 8-week healthy eating programme with <b>free access to the gym</b></p>	<p><b>Dormers Wells Leisure Centre</b>                      Dormers Wells Lane, Southall, UB1 3JB                      5<sup>th</sup> June – 10<sup>th</sup> July 2023                      25<sup>th</sup> September – 20<sup>th</sup> November 2023                      22<sup>nd</sup> January – 18<sup>th</sup> March 2024                      *Excluding half term holidays</p>	<p><b>Mondays</b>                      5.00 – 6.30pm</p>
<p><b>ALFIE Healthy Families</b>                      5-13 years</p>	<p><b>Haven Green Baptist Church</b>                      Castlebar Road, London, W5 2UP                      2<sup>nd</sup> May – 27<sup>th</sup> June 2023                      26<sup>th</sup> September – 21<sup>st</sup> November 2023                      24<sup>th</sup> January – 19<sup>th</sup> March 2024                      *Excluding half term holidays</p>	<p><b>Tuesdays</b>                      5.00 – 6.30pm</p>
<p><b>ALFIE Healthy Families</b>                      5-10 years  <b>AND</b>  <b>ALFIE HIIT Class</b>                      11- 13years</p>	<p><b>Ravenor Primary School Greenway Gardens,</b>                      Greenford, UB6 9TT                      3<sup>rd</sup> May – 28<sup>th</sup> June 2023                      27<sup>th</sup> September – 22<sup>nd</sup> November 2023                      25<sup>th</sup> January – 20<sup>th</sup> March 2024                      *Excluding half term holidays</p>	<p><b>Wednesdays</b>                      3:45 – 5:00pm                      5-10 years                      Or                      5:00 – 6.30pm                      11 – 13-years</p>
<p><b>ALFIE Online</b>                      5-13years</p>	<p><b>ALFIE Healthy Families</b>                      5-13years                      4<sup>th</sup> May – 29<sup>th</sup> June 2023                      28<sup>th</sup> September – 23<sup>rd</sup> November 2023                      26<sup>th</sup> January – 21<sup>st</sup> March 2024                      *Excluding half term holidays</p> <p><b>Parent Only (for parents of children 5 – 13)</b>                      4<sup>th</sup> May; 8<sup>th</sup> June; 6<sup>th</sup> July 2023                      28<sup>th</sup> Sept; 19<sup>th</sup> Oct; 23<sup>rd</sup> Nov 2023                      26<sup>th</sup> January; 27<sup>th</sup> February; 22<sup>nd</sup> March 2024</p>	<p><b>Thursdays</b>                      4:00 – 5:30pm                      5 – 13 years</p> <p><b>Parent Only</b>                      5:30 – 6:30pm</p>

**Places on these programmes are very limited. Parent/Carer MUST attend**

**To book a place please call Ealing Admin Hub on 0208 102 5888**

**or call/ text 07909 000 796**

**Email [clcht.ealinghealth4life@nhs.net](mailto:clcht.ealinghealth4life@nhs.net)**

**You can also find us on Instagram (search ALFIE\_Ealing)**

**We also have Summer Holiday; 2- 4 years and 14 plus programmes call for more info!**