



helping your family make
HEALTHY HABITS

FREE healthy lifestyles support for families in Gloucester & Forest of Dean

Our team of family nutritionists are experts at engaging children around healthy eating and fun exercise, and have plenty of tricks to help you and your kids turn healthier choices into habits for a healthier, happier life!

Courses run termly in different venues around Gloucester City & Forest of Dean. Online courses and 1:1 consultations are also available!

*eligibility criteria applies, see website for details

SIGN UP FOR FREE!

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