

Learn a ton with Heaps of FUN

Families &
Young people

One
Life
Suffolk

FREE services offering families and young people information, advice and guidance to support healthy lifestyles for all through **games** and **interactive sessions** lead by OneLife Suffolk

Dates : Starting Monday 16th January for 10 consecutive weeks.

Time : 16:30 – 17:30

Location : St Joseph's College, Belstead Road,
Ipswich, IP29DR
(Birkfield Drive Entrance)

Sign up today
by scanning
the QR code

FREE for any child on or above the **91st centile** on the growth chart. However, if only one child in the family is eligible, other **siblings can attend** too.

