



HEALTH &
WELLBEING
SLOUGH



Let's Get Going!

Is your child in year 3-6? Wants to learn how fun it is to be healthy? Play great games and make new friends?

Let's Get Going (LGG) is a **free 12 week healthy lifestyle programme** with the aim to engage, inspire and enable children and their families to lead a healthy lifestyle. **AVAILABLE VIRTUALLY AND FACE TO FACE!**

LGG is a Slough Borough Council commissioned initiative delivered as part of the Integrated Health & Wellbeing Slough service provided by Solutions4Health. The LGG club includes fun workshops and games to encourage children and **families to achieve a healthy lifestyle**. Topics Include:

- **Benefits of healthy eating and physical activity**
- **Sugary Drinks**
- **Family and Food**
- **Cravings and MORE!**

As well as a range of fun exercise sessions FOR BOTH PARENTS & CHILDREN!

A parent/ guardian will need to accompany their child during the online session. **Simply contact the team to hear more about LGG in your area!**



www.healthandwellbeingslough.co.uk



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