



REACH is a free programme of fun and engaging activities for families who would like be healthier and fitter.

- ★ try new recipes
- ★ top tips for parents and kids
- ★ try activities and have fun

Group programmes for 7-11 year olds and their families starting after Easter 2015

Kingswood

Kingsmeadow Community Flat
19 Barrington Close
Kingswood, Bristol
South Gloucestershire BS15 4QD
Tuesdays: 5 - 7pm
Starts: 28 April

Patchway

Patchway Community College
Hempton Lane
Almondsbury
BRISTOL BS32 4AJ
Wednesdays: 4.30 - 6.30pm
Starts: 29 April

To register please fill out the form overleaf. To find out more please email healthylifestyles@southglos.gov.uk or call **01454 863937**

www.southglos.gov.uk

