



# Reach

4-16  
years

**Reach is a free and fun programme for families, children and young people who are above a healthy weight**

**Opportunities for group or 1:1 sessions, including:**

- ★ Activities to boost confidence and wellbeing
- ★ Physical activity
- ★ Ideas for healthy snacks and meals
- ★ A cooking session
- ★ Ideas to improve sleep and bedtime routines

**To book a place or find out more contact:**

☎ 01454 864005 ✉ [publichealthcyp@southglos.gov.uk](mailto:publichealthcyp@southglos.gov.uk)

👉 [www.southglos.gov.uk/reach](http://www.southglos.gov.uk/reach)



**Where:**

**Kingswood Leisure Centre**

**Starting: Thursday 26<sup>th</sup> September 19**

**Time: 4:30pm-5:45pm**