

# Healthy Together



is an exciting new family programme funded by the Premier League & Professional Footballers Association

Healthy together sessions will include

Information about Healthy eating

Sport and Physical activity

Cooking sessions



Healthy Together encourages families with children aged 7-16 to lead a healthy lifestyle

For more information about the project or to get involved please contact: Debbie Boulter on 01792 616607 or email: [Debbie@scfcccommunitytrust.co.uk](mailto:Debbie@scfcccommunitytrust.co.uk)

