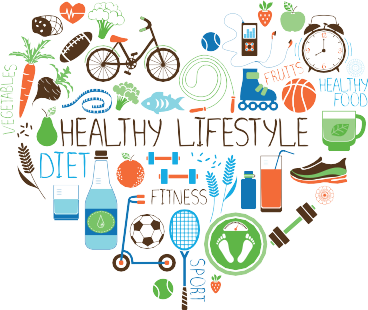
Join the fun with



# FREE!

for families

Change Makers

**An afterschool club for families**

**with 4-12 years olds, who want to**

**know more about being active**

**and eating well.**

# Discover how small changes can make a big difference to your health and wellbeing!

**Take part in fun games and**

**activities together, with access to**

**expert information and support.**

**Starts Thursday 28th September 2023**

**Alveston Primary School**

**3.15pm – 4.20pm**



Changemakers is supported by Rugby Borough Council



Family Lifestyle Programme

**Places are limited to first come, first served.**

To book a place please complete the form and return it to your school reception.

Parent’s name: ..................................................................................

Address: ..............................................................................................

..............................................................................................................

Postcode: ...........................................................................................

Mobile number: ................................................................................

Email: ..................................................................................................

Please outline the family members you would like to attend:

|  |  |  |  |
| --- | --- | --- | --- |
| Child’s Name | DOB | Gender | School |
|  |  |  |  |