



CHILDREN, YOUNG PEOPLE AND FAMILIES

FREE WEIGHT MANAGEMENT PROGRAMMES BY MORELIFE

- MoreLife has 20 years of experience in helping children, young people and their families to improve their health and wellbeing
- Specialised, tailor-made support and advice to help the whole family be healthier and more active
- Fun physical activity sessions for children and teens



All our programmes are free to any child above the 91st centile on the growth chart.

Our fun programmes are led by trained practitioners, and include sessions such as creating healthy meals, trying new foods and understanding portion sizes.

The focus of our groups is always on maintaining a healthy lifestyle, rather than on weight loss, whilst also making new friends and enjoying fun activities focused on healthy living!

FOR MORE INFO OR TO BOOK A PLACE:

0808 208 2340

beds-mk@more-life.co.uk

www.more-life.co.uk

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