

Red Pepper

Would your family like to improve their lifestyle and eating habits as well as increasing physical activity?

If so, come and take part in our 5 week FREE family sessions

The sessions include

- FUN family games and sports tasters
- Food tasting and healthy lifestyles information
- 5 a day
- Understanding food labels
- **Free pool passes for those that attend all sessions***

Irlam & Cadishead Leisure Centre

Liverpool Rd, Irlam M44 6BR

Every Tuesday 17 January to 14 February 2017

4.00pm – 6.00pm (5 weeks)

For more information and to book a place please contact:

Tel: **0161 686 5237** (Health Improvement Service)

or Tel: **0800 952 1000**

email: health.improvement@salford.gov.uk

***Issued on a first come first served basis to those who attend all sessions.**



Salford City Council

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Also coming in March – Red Pepper at the **climbing wall** (Irlam Fire Station)

Also available one to one at Irlam & Cadishead College or in your home*

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*where families are not able to join a group.



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