

Shine Plymouth is a free 12 week healthy lifestyle programme for 5-17 year olds and their families. It is specially designed to support young people who are above a healthy weight



SHINE
Plymouth

- Fun and practical sessions on healthy eating and being more active
- Choice of three programmes – for children aged 5-8, 9-12 and 13-17
- Game and activities to get you moving
- Practical cooking and food tasting
- Tips on how to make healthy choices a habit
- Support to boost your confidence and self-esteem



To book a place

Tel. 01752 435129

 LivewellPlymouth

 @LivewellPlym

www.livewellplymouth.co.uk

Plymouth Community
HEALTHCARE

Supporting people to be Safe, Well and at Home