

# GET *fit* FOR FREE

- Are you aged between 5 and 16 years old?
- Do you want to have fun and get healthy?
- Then come along to the FREE MoreLife fit clubs across Mid and West Essex.



more fun, more friends

**NHS**

**MORE** *life*

LIVE HEALTHILY EVER AFTER

**LOSE** a little weight  
**GAIN** more life  
A LOAD



## FREE! book now!

The 12 week club programme is for young people who struggle with their weight to attend with their families. It's designed to give you more understanding of weight management, more energy, more confidence, more friends and more fun.

**Where:** Locations across Mid & West Essex

**When:** Running throughout the year, call us for details

**Age:** 5-16 year olds

**Call:** 0800 038 9050

**Visit:** [www.more-life.co.uk](http://www.more-life.co.uk)

**MORE** *life*

LIVE HEALTHILY EVER AFTER