



# Active Stars

managed by Vision Redbridge Culture & Leisure

## 12 WEEKS TO BE A **HAPPIER,** **HEALTHIER** FAMILY



Free, fun family-focused healthy lifestyle course for 4 – 11 year olds and their families.

Come along to access 12 weeks of healthy eating and lifestyle advice, healthy cooking sessions and behaviour change support along with fun games and physical activity sessions!

Let us help you create long-term healthy habits for your family to help you feel great and live your best life!



### For more information:

Visit: [www.visionrcl.org.uk/activestars](http://www.visionrcl.org.uk/activestars)

Email: [activestars@visionrcl.org.uk](mailto:activestars@visionrcl.org.uk)



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