

# More Life After School Club

Book a place for your child and yourself on our FREE 10 week More Life After School Club!

Our friendly Public Health Team will be hosting a range of exciting activities and team games such as basketball, dodge ball, cricket, rounders, craft and healthy lifestyle sessions, to help children age 4 – 11 and 12 – 16 and their families, who would benefit from losing a little weight, to meet new friends and have fun while exercising.

What do I need to know as a parent or carer?

- The club is free and will be held at **Gladstone Park Community Centre**, Bourges Boulevard, Peterborough PE1 2AF.
- It will run on Tuesdays or Wednesdays starting from January 2016 (to be confirmed).
- The club will run from 4pm to 6pm once a week.
- The club is for children and also their parents/carers to participate together.
- In addition to one hour exercise there is one hour lifestyle education where you can learn how to measure portions sizes, what the Eatwell plate is, how many spoons of sugar there is in popular drinks, take part in blindfolded tasting of over 20 different fruit and vegetables and lots more).

## **How do I book a place?**

For more information or to register your interest, please call our team on 01733 207185 / 0800 3765666. Please be aware that you will be asked questions about your child to assess whether they are eligible to attend.

Or visit [more-life.co.uk](http://more-life.co.uk) website where you can directly book a place on the programme.

The club is run by Peterborough City Council, Public Health Team.

