

# FitFun

Enjoy playing games together and learning about nutrition as a family? FitFun is for children above a healthy weight aged between 8-11yrs!

Sessions include:- Healthy eating, how much sugar is in food and drink, healthy fats, recipe apps, menus to download, how to read a food label, meal tasting and a whole lot more.

There will also be fun and games delivered with our partners Sport Cardiff at every session for parents and kids.

Next available programme is:-

Programme	Venue	Contact	Start	Finish	Days and times
FitFun	St Mellons Community Centre, Crickhowell Road, Cardiff. CF3 0EF	Kevin Jones or Jo Kirk 02920 907699	Thursday 12 <sup>th</sup> January 2017	Friday 24 <sup>th</sup> March 2017	Thursday (4-6pm) (nutrition and games) and Friday (4-5pm) (games only)

There are limited places available so please don't wait to call.

If you wish to take up your **free** place on **FitFun** then please call 02920 907699 or email [nutrition.skillsforlife.cav@wales.nhs.uk](mailto:nutrition.skillsforlife.cav@wales.nhs.uk)