

Dear Parent/Carer,

Do you or your family want to lose weight? Get fit, change to a healthy lifestyle and have fun?

Morelife have been working across Middlesbrough for a number of years now helping families lead a healthy lifestyle and reduce their BMI's. Our belief is that small changes make bigger differences.

MoreLife will be working closely with Abingdon Primary School, providing a FREE family programme running after school for 10 weeks, starting February 2017, 3-4pm. The purpose of the family programme is to equip adults with supporting their children in getting fit and changing their lifestyle, an adult is required to attend the club, but this could be a time to suit adults, whilst their children are at school.

We are looking forward to working with all the children, parents at Abingdon primary School to ensure everyone has the chance to lead a healthy lifestyle.

If you wish to join this FREE after school programme please complete the sign up form below and hand in to your class teacher.

If you require any further information, you can contact Farida Bashir at Abingdon.

Looking forward to hearing from you,

Sno Reed

01642 615101 / Sno.Reed@more-life.co.uk

Abingdon Family Programme			
* Name of Participant			
Name of parent/carer <i>(exc. parent programme)</i>			
* Date of Birth of participant	Female <input type="checkbox"/>	Ethnicity:	
	Male <input type="checkbox"/>		
* Address			
Postcode			
* Contact details	Home		Mobile