

Join our FREE, 8-week healthy lifestyle programme to help your family build habits around food and physical activity. Our in-person group sessions start on:

Date: Wed 5th February 2025

Time:

4:30pm - 6pm

Venue: The Main Place, Old Station Way, Coleford, Glos, GL16 8RH

Or you can join us online!



Sign up for your

FREE PLACE today



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