

10 week healthy lifestyle club

FREE afterschool club!

Interact

Learn

PLAY

Let's Get Going!

FUN

FUN 4 HEALTH

Aims to **INSPIRE**, **ENGAGE** and **ENABLE** children and their families to make healthy lifestyle choices long term.

Let's Get Going (LGG) is a FREE 10 week afterschool club running in schools across Reading, West Berkshire and Slough for children aged 7-12

Fun and interactive sessions!

Workshops include, learning about sugary drinks and snacks, making smoothies and blindfold fruit and veg taste testing! As well as a range of activities such as parachute games and circuits!

If LGG sounds like something your child would enjoy, contact the team today!

01183 341 864  
www.lets-get-going.co.uk  
info@lets-get-going.co.uk

Letsgetgoing  
@LetsGetGoing\_