

Bradford College



FAMILIES



**COMBATING
OBESITY**



TOGETHER

WHERE

Bradford College
Trinity Green Campus
Easby Road
BD7 1QX



ACTIVITIES ON OFFER:

- Nutrition Workshops
- Healthy Cook and Eat
- Use of the gym
- Sports and Exercise Sessions
- Free weight management advice and guidance

A **FREE** 6 week program for families with children age 12 and over who need help with weight management, making healthy choices or even just brushing up their exercise and nutrition knowledge.

CONTACT BRADFORD PUBLIC HEALTH

IMPROVEMENT TEAM ON: 01274 435387/ 431075

OR HealthImprovement@bradford.gov.uk

