

ONE **YOU** CHESHIRE EAST

HEALTHIER HABITS HAPPIER FAMILIES

Let's Get Movin' together. Free programme available.



Healthier Habits, Happier Families. Let's Get Movin' Together. Now available in Congleton and Macclesfield.

Let's Get Movin' is One You Cheshire East's free, 12-week programme that helps families enjoy being active, learn about healthy eating and build confidence together. It's all about small steps, positive changes and having fun as a family.

The programme focus' on:

- Making movement enjoyable
- Learning simple, healthy habits
- Building confidence in a supportive space
- Helping families feel healthier together

Eligibility criteria apply, now open for families living in Cheshire East, available at Crewe Lifestyle Centre, Congleton Leisure Centre and Macclesfield Leisure Centre.

Find out more and sign up online: www.oneyoucheshireeast.org/lets-get-movin/
or call One You Cheshire East on: 0300 123 5026