



**ALFIE Ealing ARE BACK delivering fun free interactive online sessions  
For children aged 5 – 13 years who are above a healthy weight  
(overweight) and their families**

**Sessions include healthy eating workshops on food groups, portion sizes and label reading; as well as homework outs and fun games for the whole family**

Session	Details	Time
ALFIE 11 – 13 years Bootcamp	5 Day Bootcamp <b>everyday</b> Monday 3 <sup>rd</sup> – Friday 7 <sup>th</sup> August 2020	10:00 - 11:30am
ALFIE 8 – 10 years Bootcamp	5 Day Bootcamp <b>everyday</b> Monday 10 <sup>th</sup> – Friday 14 <sup>th</sup> August 2020	10:00- 11:30am
ALFIE Fit Families 5-7 years	5 Day Bootcamp <b>everyday</b> Monday 17 <sup>th</sup> – Friday 21 <sup>st</sup> August 2020	10:00-11:00am

\*preregistration 1:1 appointments available w/c 27<sup>th</sup> July 2020

**Places on these programmes are limited. To book a place please call or text the Healthy Families Team on 07909 002 161 or Email [clcht.ealinghealth4life@nhs.net](mailto:clcht.ealinghealth4life@nhs.net)**

**And you will be given log in details in order to join  
You can also find us on Facebook or Instagram (search ALFIE\_Ealing)**