



# Healthy families

BRIMHAMS  
*active*

Healthy Families service is a remote **free, confidential 12 session programme** to fit around your family to support children and young people aged **4 - 19 years** in North Yorkshire, to achieve and maintain a healthy lifestyle.

Providing personalised support, your Health and Wellbeing Coach will guide you through your journey to keep you on track to achieve your healthy lifestyle goals.

Together we will explore a fully holistic approach to becoming more active and eating well by making small positive changes without breaking the bank.



For more information please contact our Brimham's Active Healthy Families team on: **01423 556106** or via our email [active.health@brimhamsactive.co.uk](mailto:active.health@brimhamsactive.co.uk)

[www.brimhamsactive.co.uk/families](http://www.brimhamsactive.co.uk/families)

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