



Help your family be healthy and happy

Healthy Hounslow is a **free** health and wellbeing service.

We've supported hundreds of families across **Hounslow** to lead **healthier lives**.



How can we help you?

By joining our 12-week family programme you can:


- Discover how to turn small changes into long-lasting healthy habits
- Learn quick recipes, great for whipping up during the week
- Get active and have fun doing it, with our family-friendly games.


To join one of our families programmes, at least one of your children will need to:

- Live in the London borough of Hounslow
- Be aged 5-15 years old
- Be above their ideal weight based on their BMI.



Sign up today:

 www.healthyhounslow.co.uk

 hello@healthyhounslow.co.uk



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