

CITY LIFESTYLES COURSE AT ASHBURY MEADOW SURE START CENTRE

Starts Tuesday 21st April, weekly sessions for 5 weeks. Please go to Sure Start Centre to fill in application form.

CITY LIFESTYLES

The City Lifestyles programme, in partnership with Carex and The National Lottery Community Fund, works with families across Manchester to encourage children to make healthy choices from an early age. The programme aims to support families to develop their skills and confidence when preparing and cooking meals, and encouraging them to take part in physical activity.

CiTC work alongside schools to identify 10 families to participate in the programme (a family consists of 1 child and 1 adult), who work together to take part in activities including:

- Learning about different food groups and a healthy, balanced diet
- Preparing and cooking healthy meals together
- The importance of hand hygiene
- Learning about hydration and the effects of exercise
- Physical activities they can do at home and school.

