

Active Together Families

Free fun weekly activities taking place in your local park for the whole family!

8 weeks of sessions for families* wanting to have fun together and get a little healthier together at the local park

- Fun games for the children
- Family sports and games
- Prizes
- Free refreshments
- Informal healthy lifestyle information
- All sessions led by qualified leaders

Taking place at your local park this summer



Victoria Park - Stonehouse and Stoke

Devonport Park - Devonport

Astor Park - East End

*for parents/carers and their children aged 6 to 13 years - if you have younger ones too they are welcome

In support of
change
4 life

For healthy recipes and fun activities search **Change4Life**