

# FREE HEALTHY LIFESTYLE SERVICE FOR FAMILIES IN NORTH YORKSHIRE FOR 2021!

## DO YOU HAVE:

**A child/children between the ages of 4-11 years that would like support in achieving a healthy weight?**



The North Yorkshire County Council and researchers at Leeds Beckett University would love your help with testing a new remote (online) weight management programme for 2021!

## WHAT TAKING PART WOULD INVOLVE:

Eligible families will get 3 months of free, flexible weight management support consisting of:

- Consultations with a dietitian (via telephone, Zoom etc),
- Membership to a private WhatsApp and Facebook support group,
- Access to a fun, educational and interactive website.

## ARE YOU INTERESTED IN TAKING PART?

Participants will receive a **£25 GIFT VOUCHER** for their time!



## FOR MORE INFORMATION PLEASE CONTACT:

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