

# FREE Fun, Food and Activity Group for Families



FLiC is an 8 week group for families keen to learn more about becoming fit, healthy and managing their weight

For families with children aged 8-13 years



Did you know that 1 in 3 children are overweight and 75% of parents do not realise this.

We can help! Call the FLiC team to find out if your child is overweight or use the web link for NHS Choices [www.nhs.uk/tools](http://www.nhs.uk/tools) and click on the BMI healthy weight calculator

“the whole family enjoyed attending FLiC, we found the leaders very friendly and were given lots of practical and useful information to help us make the changes we needed”

FLiC groups start in January, May and October, to find your nearest group contact us on [FLiC@Inds.nhs.uk](mailto:FLiC@Inds.nhs.uk) or 0116 222 7154 you can leave a message on our voicemail We are a friendly and very approachable team