



Dear Parent/Carer,

Luton's FREE Children's Healthy Weight Programme

Live Well Luton is a healthy lifestyle service, funded by Luton Borough Council. We offer a **FREE** programme that supports families with children between the ages of 5 and 15 to understand more about healthy eating and physical activity.

What to expect:



- Healthy eating workshops
- Fun activity sessions
- Healthy recipes
- Food tasting sessions
- One to one support available
- Support to maintain manageable lifestyle changes



The programmes are delivered in various locations across Luton at the following venues;

- Hightown Sports and Arts Centre, Concorde Street, Luton, LU2 0JD
- Dallow Learning Community Centre, Dallow Road, Luton, LU1 1TB
- Lea Manor Recreation Centre, Northwell Drive, Luton, LU3 3TL
- Barnfield West Academy, Leagrave High St, Luton, LU4 0NE
- Barnfield South Academy, Rotheram Ave, Luton, LU1 5PP
- River Bank Primary School, Bath Road, Luton, LU3 1ES

Spaces are going fast so don't delay!

To book a **FREE** consultation please contact the **Live Well Luton Team** on:

Call: **01582 757635** Text: **LIVEWELL to 60066** Email: info@livewell-luton.org.uk

You can also follow us on Twitter and like us on Facebook:



@LiveWellLuton



www.facebook.com/livewellluton

Live Well Luton also offers **FREE**:



1:1 Personal Health Plans - 6 x 30 minute, one to one client led sessions to support clients to lose weight, learn about healthy eating, increase physical activity or improve their general health and wellbeing. Clients set SMART based healthy lifestyle goals.



Stop Smoking Support (1:1 or Group) - All sessions are facilitated by a specialist advisor to help clients stop smoking. The advisor can provide NRT or advise pharmacological treatment whilst combining this with behavioural support.



Lose Weight with Live Well Luton - 12 week adult weight management courses for adults across Luton with partner leisure providers. The courses include informative talks around different elements of healthy eating and physical activity.



Health Checks - for 40-74 year olds. It checks for circulatory and vascular health and identifies a risk score of developing cardiovascular disease in the next 10 years following the check. The assessment includes measuring height, weight, body mass index (BMI), waist, blood pressure (both arms), cholesterol, blood sugar level and lifestyle factors.

For more information on the services we offer or to join,

Please contact the **Live Well Luton Team by:**

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