



## **The free programme that helps Warwickshire families live healthier lives.**

The Change Makers service is part of Connect for Health, your school nursing service. We offer free support for healthy eating and lifestyles.

### **Our 7 week programme**

Our Healthy Lifestyle Programme teaches families about good nutrition, staying active and other healthy living topics through 7 fun, interactive weekly sessions. The whole family can get involved in activities like preparing and tasting new foods and playing group games, as well as getting lots of practical advice, guidelines and tips on healthy lifestyles.



### Fussy Eaters Workshop

We offer our Fussy Eaters workshop to parents/carers virtually. They are one hour, one off sessions that provide tips and advice to support you if your child has a limited diet.

For families with more complex needs, individual support and sessions from the Change Makers team is available.

**Change Makers services are available for free to all families with a child/young person who goes to school in Warwickshire.**

**Contact Connect for Health to sign up to the Change Makers programme.**

**03300 245 204**



**[connectforhealth@compass-uk.org](mailto:connectforhealth@compass-uk.org)**

