



A free programme that helps Warwickshire families live healthier lives

The Change Makers Healthy Lifestyles Programme teaches families about good nutrition, staying active and other healthy living topics through seven fun, interactive weekly sessions. The whole family can get involved in activities like preparing and tasting new foods and trying group exercises, as well as getting lots of practical advice on healthy lifestyles.

Change Makers also offer a one-off workshop for parents/carers that provides a general overview of healthy living, including useful tips and a Q&A session.

For families with more complex needs, one-to-one support 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.**



Change Makers is part of Connect for Health, your school nursing service in Warwickshire. To find out more and get involved, please call us on 03300 245 204.