

FREE



boost[®]

Mini Boost

Looking for a fun and educational healthy lifestyle programme for you and your child aged 2-5 years

Weekly sessions run by a registered Dietitian and Physical Activity specialist.

Practical chopping and tasting activities, raising awareness of healthy eating.

Skill games and exercise, improving self confidence and enhancing physical and social development.

Programme Information



If you would like to find out about a programme in your area,

please call **0208 323 1725** or email

boost@mytimeactive.co.uk


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www.mytimeactive.co.uk/health