




## Fun virtual sessions to help your family live a healthier lifestyle

The Change Makers healthy lifestyles team are now providing free online sessions, helping families learn about healthy living topics through a range of fun activities.

Get the whole family involved in preparing meals with live interactive cooking sessions, take part in family exercises, and gain practical advice for healthier living through a rolling programme of learning sessions.



There's also an educational 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 sessions and services are available to all families with a child/young person who goes to school in Warwickshire.



**Make a change today!**

View the full timetable and book sessions here: [compass-uk.org/make-a-change](https://compass-uk.org/make-a-change)