



## Change4Life Fun Day: Supporting healthy lifestyles



### Training for Schools 2017

**FREE training and FREE prizes for children and families!**

This two hour course gives you all you need to know to run the child-led Change4Life Fun Day and Swapathon, a successful Leeds initiative which uses games to deliver health messages in a playful, interactive way and encourages families to make small swaps to healthier lifestyles. It is a particularly effective way to engage parents and makes a great activity for School Health Weeks.

The course also introduces wider resources to bring to life the Change4Life messages in school and with families. The course is suitable for teachers and frontline practitioners and is delivered by the Children and Families Public Health team.

***Plus we will provide your school with fabulous Change4Life prizes for your Fun Day including Frisbees, trolley tokens, badges and water bottles!***

- Thursday 23<sup>rd</sup> February 3.30 – 5.30pm
- Wednesday 15<sup>th</sup> March 2.30 – 4.30pm
- Wednesday 17<sup>th</sup> May 3.30 – 5.30pm
- Tuesday 13<sup>th</sup> June 2.30 – 4.30pm
- Wednesday 4<sup>th</sup> October 2.30 – 4.30pm



**Venue details: Training Room 1, Technorth, 9 Harrogate Rd, Leeds, LS7 3NB**

**For further information and to access online resources visit:**

<http://www.leeds.gov.uk/phrc/Pages/Change4Life-Fun-day-and-Swapathon.aspx>

**To book a place or for more information please email: [Sarah.Slater@leeds.gov.uk](mailto:Sarah.Slater@leeds.gov.uk)**

