Feel FAB with

Your Health Notts

Nottinghamshire County Council

THE FAB CLUB ROADSHOW

Will be at St John's C of E Primary School

We are coming to St John's C of E Primary School in September. The FAB name stands for Food, Activity and Balance which is what we promote! We will be talking to the children about how healthy eating and movement can benefit them as they play, learn, and grow. We have fun activities planned for each week and we always do some exercise. The topics we will cover are:

- Eating fruit and vegetables
- Hydration and sugary drinks
- Physical activity
- Farming
- The Eatwell Guide
- Making our own recipes

We have to record the details of everyone we are working with and take a weekly register. The school will provide us with your child's name, address, date of birth, home address, ethnicity and your contact telephone number. If you want to 'opt out' and don't want your child to attend, please let the school know by **Wednesday 4th September 2024.**
If you have any questions, please get in touch with us: 0115 772 2515

As a service, we are commissioned by Nottinghamshire County Council and provide an integrated wellbeing service for free to residents across Nottinghamshire.

The service covers support on stopping smoking, improving nutrition, increasing physical activity, weight loss and reducing alcohol consumption. You can self refer to the service and receive local support if this sounds like something you may be interested in.

www.yourhealthnotts.co.uk
Or call us on 0115 772 2515