

Are you a new mum?...



For new mums, we can help you eat well and move more

Who for?

- Adults aged 16 years and over
- Residents of Cambridgeshire and Peterborough
- BMI 25kg/m² and over
- Babies aged 0-12 months are welcome

What support will I get?

- Nutrition workshop for 30 mins
- Physical activity, including buggy walks for 30 mins



It's all
FREE!

For more information
email: signup@healthyyou.org.uk
text: **signup** to **60777** or visit
www.healthyyou.org.uk

