

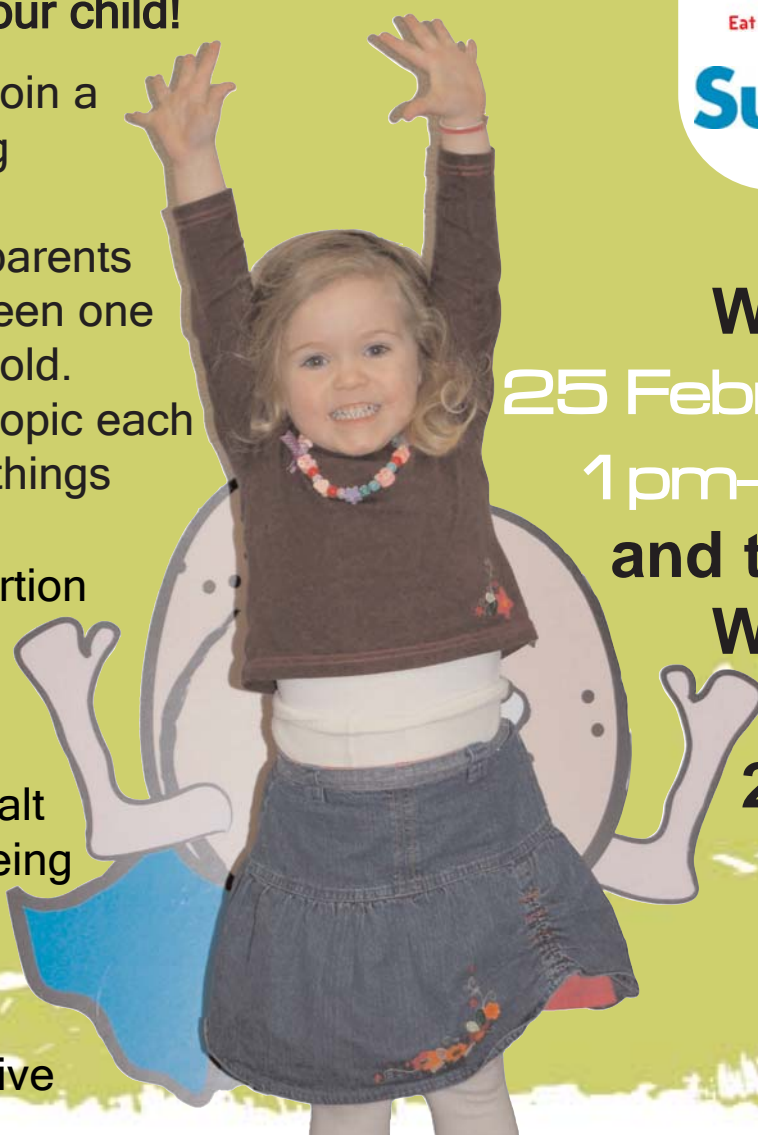
“9 out of 10  
kids today  
could grow up with dangerous  
amounts of fat in their bodies”

Find out how to stop this from  
happening to your child!

Come and join a  
new and exciting  
**FREE** 10 week  
programme for parents  
of children between one  
and three years old.

A different topic each  
week will cover things  
such as:

- ▶ controlling portion sizes
- ▶ dealing with fussy eaters
- ▶ fat, sugar & salt
- ▶ the risks of being overweight
- ▶ fun ways to keep you and your child active



**FREE**  
‘play at home  
pack’ when  
you join

**LIMITED  
PLACES**  
reserve your place  
with the centre  
manager **NOW!**

Sandwell **NHS**  
Primary Care Trust



change  
**4 life**  
Eat well Move more Live longer

**SureStart**

**Starting  
Wednesday  
25 February 09  
1 pm-2.30 pm  
and then every  
Wednesday  
until  
29 April 09  
here at  
Friar Park  
Surestart**

**FREE**  
goody bag at  
the end of the  
programme!