

KIDZ ZONE GET INVOLVED

Kidz Zone is dedicated to empowering children and their families to address health challenges and improve overall well-being through a diverse range of creative, physical, and healthy lifestyle activities.

WHAT TO EXPECT:

- ▶ MULTI SPORTS
- ▶ SWIMMING
- ▶ GROUP GAMES
- ▶ FAMILY ACTIVITIES
- ▶ GYM SESSIONS
- ▶ FOOD TASTERS
- ▶ INFORMATION & ADVICE
- ▶ WORKSHOPS
- ▶ BIKE RIDING
- ▶ CREATIVE ARTS

Are you interested?

To join or learn more about the Kidz Zone programme, speak with a member of staff or scan our QR code. We're here to assist you!



BE ACTIVE

BE HEALTHY

BE HAPPY

EXPLORE
Partnership
 tackling Poverty | Exploring Solutions | Creating Change

Working in partnership with

cs| **CENTRAL & SOUTH KNOWSLEY**
PRIMARY CARE NETWORK