**FREE Fit 4 Life Camps this Summer**

*Applies to-All schools*

We are now taking bookings for both Fit 4 Life Camps this August.

**VENUE:                Community Hub, Upper Level, Community Square, Shopping City Runcorn**

**DATES:                  Tuesday 6th – Thursday 8th August 2019**

**TIME:                    10am – 12 noon**

**VENUE:                St Luke’s Scout Hut, Farnworth Street, Widnes**

**DATES:                  Tuesday 20th – Thursday 22nd August 2019**

**TIME:                    10am – 12 noon**

Fit 4 Life Camp is a free fun activity camp for children and their parents/carers during the school holidays. The aim of the camp is to get families to have fun being active, and learn about

healthy snacking, making healthy food choices, and reducing sedentary time. It is aimed at families with children aged 4-11 years, but all siblings of any age are welcome to attend.

**Please share the** [**flyer**](http://schoolcirc.hbcnewsroom.co.uk/wp-content/uploads/2019/07/Fit-4-Life-Camp-August-19.pdf) **with your colleagues or any families that you think may be interested.**

The referral form is here <https://www4.halton.gov.uk/Pages/health/hit/hitprof.aspx>, or families can self-refer by calling 0300 029 0029 or emailing HIT@halton.gov.uk.