



Alive 'N' Kicking Surrey is a **FREE** healthy lifestyle programme for families who want to eat healthily, be more active and have fun doing so together.

Running in **North West Surrey** every week at:

River Bourne Health Club, Chertsey
Tuesday Evenings

Spelthorne Leisure Centre, Staines
Thursday Evenings

Maybury Centre, Woking
Saturday Mornings

ARE YOU READY TO MAKE A FEW CHANGES?

To find out more please get in touch:

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www.ank.uk.com

BECAUSE

EVERYONE

**WANTS THE BEST
FOR THEIR KIDS**



everyone HEALTH
SURREY

