



RECRUITING NOW!

The SWEET programme is a FREE fun filled health improvement programme for families. If you have a child at primary school age and your family needs guidance on exercise and nutrition, then why not sign up for our programme!

ACTIVITIES INCLUDE:

- Family Fun Day
- Weekly physical activity
- Nutritional workshops
- Games & quizzes
- Cooking
- Family trip



THE PROGRAMME WILL COMMENCE
WEDNESDAY 30TH JAN AT 4:30PM
AND LAST FOR TWELVE WEEKS.

Please contact SWEET Team (Julie or Aoibhin) on
02871 373870 or by email julie@olt.ie
before the 28th January 2019 for further information and how to sign up.



THE SWEET PROJECT
The Old Library Trust Healthy Living Centre
T: 028 7137 3870

 **/THE-SWEET-PROJECT**

 **@SWEETPROGRAMME**

Healthy
Living
Centre @
The Old Library Trust



 Public Health
Agency

CHOOSE
TO
LIVE
BETTER