



Your Health
Notts

FAB

Food, Activity, Balance

4 - 17 YEARS

over the 91st centile

WHAT SUPPORT IS PROVIDED?

1:1 Nutrition Support

Virtual Group Sessions

Activity Groups

Cookery Classes

Free Workbooks & Resources



Helping Families to Eat Well and Move More.

**SCAN HERE
TO REFER
TODAY**



Call 0115 708 0908

visit

www.nottschildrenspoa.co.uk



**Nottinghamshire
County Council**





Your Health
Notts

FAB LUNCH CLUB

**FREE Healthy Eating and Physical
Activity Club with FREE Healthy
Snacks, Weekly!**

**We'd love to bring the FAB Lunch Club to
your school, register your school's interest
here:**

yourhealth.notts@ablhealth.co.uk

0115 772 2515

yourhealthnotts.co.uk



**Nottinghamshire
County Council**

**Nottingham and
Nottinghamshire
Integrated Care Board**