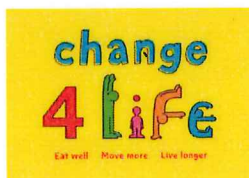




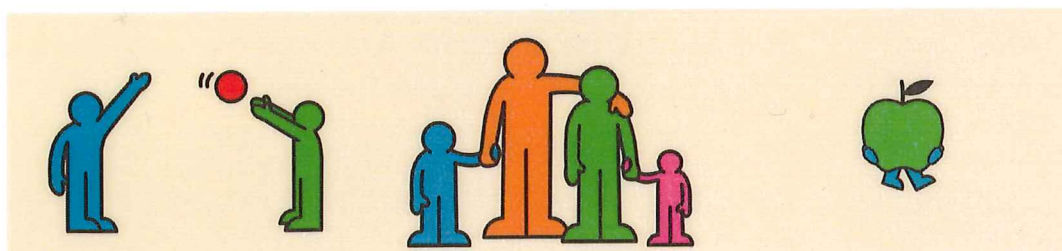
**OXFORDSHIRE  
COUNTY COUNCIL**



**Oxford Health**  
NHS Foundation Trust



**We all want to help our children to grow up to  
be happy, healthy adults, but  
sometimes it can be hard to know what to do  
for the best.**



**Come and join the School Health Nurse Team for  
fun, friendly and free interactive sessions to:**

- **Help the whole family be more healthy**
- **Learn more about portion sizes and food labeling**
- **Encourage your child to be more active**
- **Overcome the challenges of putting healthy eating in to practice**

**Courses run across Oxfordshire for children  
who are above their ideal weight.  
Book your place now!!**

**For more information, or to find out if Reach4Health is right for your  
child, please contact us on**

**Email: [reach4health@nhs.net](mailto:reach4health@nhs.net)**

**Call or text: 07824 49 87 44**

