



LEAP is a free programme for families of children and young people who are above a healthy weight*

Face to face, group support for 5-10 year olds and a combination of face to face & virtual, 1:1 support for 10-17 year olds.

Receive a **FREE 3-MONTH leisure centre pass** upon completion for the child and nominated adult**.

Topics covered:

- Healthy food and drink swaps
- Physical Activity/active play
 - Impact of screen time
 - Food choices

To book a place or find out more contact the Community Wellbeing Hub:

t: 0300 247 0050

e: BATHNES.thehub@hcrjgcaregroup.com or