



Your Health
Oldham

FAB FAMILIES

FOOD ACTIVITY BALANCE



START YOUR FAB JOURNEY TODAY

FAB 5
Healthy Eating
Activity
Sleep
“Me Time”
Hydration

Family
centred
support around
food, activity
and balance
(FAB)

FAB 5 family group at
Beever Family Hub
Monday 30th October (for 6 weeks)
3.30pm-4.30pm
free healthy snacks on arrival

**FUN ACTIVITY SESSIONS FOR THE WHOLE FAMILY
FREE SUPPORT FOR CHILDREN & FAMILIES***

TO BOOK CALL 0161 206 0408

*Oldham Residents aged 4-17 years



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