



Building stronger families



LOTTERY FUNDED

Family Action Active Families Medway

**Increasing activity levels of Local families
Through a programme of weekly activities and support
For children, young people and the whole family**



What can we offer?

- 12 week programme
- A whole family focused approach
- Each session will consist of 30 minutes of activity over Zoom.
- A Facebook page that offers weekly challenges and posts about different opportunities for families to stay active and healthy.
- A new recipe to try out each week.
- We provide vouchers to help buy the ingredients for the recipes.
- Families will receive an activity pack and resources to complete the different activities in our programme.

Follow us on Facebook to find out about new taster sessions and events we will be running.

Family Action Medway Active Families

Medway Active Families

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