



**Healthy Me** is a programme for families with children aged 5-18 years, designed to help empower and make small changes towards life-long healthy habits.

Healthy Me is FREE and available for families in Wiltshire who would like help with making healthy choices around Eating, Lifestyle and Physical Activity.

Topics covered include:

- Making your own goals
- Eating habits (food choices, portion sizes, meal planning)
- Physical activity and sleep
- Self-confidence

Coming to The Olympiad Leisure Centre at 16:00-17:00 from September 2023! Contact us today to enquire.

☎ 0300 003 4566 (option 1) ✉ [healthyme@wiltshire.gov.uk](mailto:healthyme@wiltshire.gov.uk)

**Wiltshire Council**

