

FREE Fun, Food and Activity Group for Families



FLiC is an 8 week group for families keen to learn more about becoming fit, healthy and managing their weight

For families with children aged 8-13 years



Did you know that 1 in 3 children are overweight and 75% of parents do not realise this.

We can help! Call the FLiC team to find out if your child is overweight or use the web link for NHS Choices www.nhs.uk/tools and click on the BMI healthy weight calculator

FLiC groups start in January, May and October, to find your nearest group contact us on **FLiC@Inds.nhs.uk** or **0116 222 7154**
(you can leave a message on our voicemail)

We are a friendly and very approachable team

Frequently Asked Questions about FLiC

What is FLiC?

FLiC (Family Lifestyle Club) is a fun club run by NHS Family Dietitians and local District Council Physical Activity leaders. It is an 8 week programme (meeting once each week) for children aged 8-13 years and their families.

Each week will involve:

- A fun games session for the children.
- An informal friendly food based discussion for example food labels, portions sizes & fat/sugars in everyday foods
- A practical food preparation and tasting session for parents and children together

Can I bring my other children along to the group?

Yes, this is a family club.

Is there a charge for this service?

No there will be no charge to you and your child/children.

Places are limited

to book a place or to find out more
information please telephone the
FLiC Team on

FLIC@lnds.nhs.uk

or call

0116 222 7154

you can leave a message on our voicemail

*“the whole family
enjoyed attending FLiC,
we found the leaders very
friendly and were given
lots of practical and useful
information to help us
make the changes we
needed”*