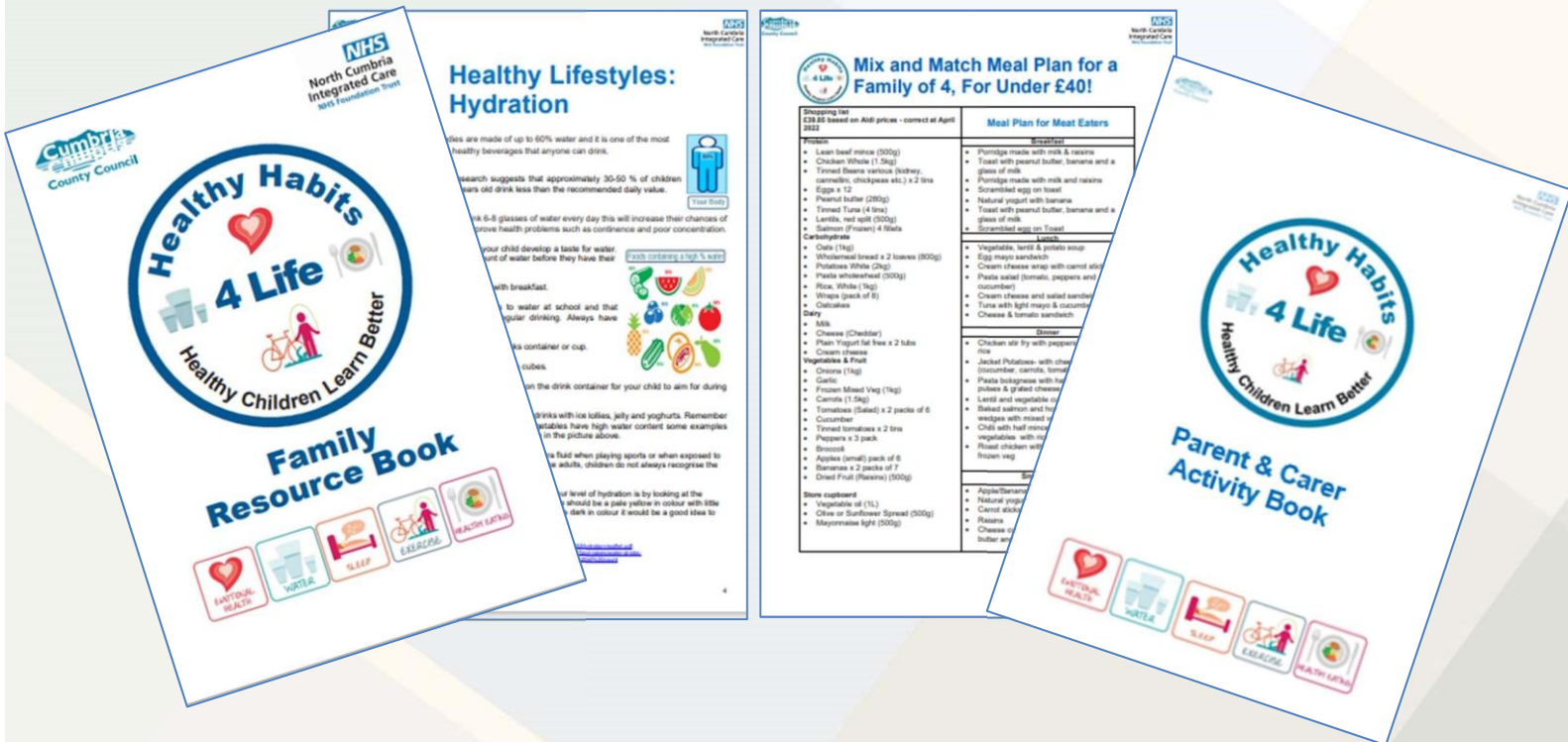


# Healthy Habits 4 Life

Healthy Habits 4 Life is a FREE programme run by the Public Health 5-19 team for families in Cumbria with children in Reception to Year 7 who want to make the change to a healthier lifestyle. Families will be offered 1:1 support and advice on a range of areas:



A Public Health Practitioner will arrange to meet with you at a time and place to suit you and your family, this could be in your own home, at school or via video and will work with you over a number of weeks.

If you would like to know more or want your child to be included please contact us via the E-School Nurse clinic [E-SchoolNurse@ncic.nhs.uk](mailto:E-SchoolNurse@ncic.nhs.uk)