

# Fit Families

Working 4U in partnership with Clydebank High would like to invite Mums, Dads, Other Adult Carers and S1 pupils to our Fit Families Project.

Come along each week and learn together by cooking and eating cheap healthy family meals and enjoying some family fun and games together.



**All FREE**

**Starts:** Wednesday 12<sup>th</sup> September 2018

**Dates:** 12<sup>th</sup> Sept, 19<sup>th</sup> Sept, 26<sup>th</sup> Sept and 3<sup>rd</sup> October

**Times :** 5:00pm - 7:00pm

**Venue:** Clydebank High School

For more information or to book a place, please complete and return the slip below to the school office or call Angela Doyle at Working 4U on 01389 738631 (07875265502)

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I can / can't attend the family cooking project

Mums/ Dads/ Other Carers

Name:-----

Young person's name:-----

Contact Number: -----

All the family are welcome