

Healthy families have more fun

With Change4Life there's something for everyone - recipes, tools, tips and games to help you and your family live healthier, happier and better lives.

To find out more visit: kent.gov.uk/change4life



Small changes, **BIG** difference

Modern life can mean you're a lot less active and a lot more likely to eat food that isn't good for you. Challenge you and your family to make a few small changes which can have a huge impact.

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