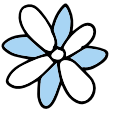


# MORE Life



We've launched our **FREE** healthy lifestyle programme for children and young people aged 5+  
It's fun for the whole family. Want to find out more?

We're MoreLife, a healthy lifestyle service dedicated to helping people of all ages. We can help you and your children learn more about looking after your health.



During your time on this course, your family can access:

- A fun activity club for children at Tavistock Community Centre
  - Digital resources
  - Games and recipes
  - Online parent webinars



You can find out more and sign up to the programme on our website:  
[www.more-life.co.uk/Bedford](http://www.more-life.co.uk/Bedford)



MoreLifeBedsMK



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