

FREE

Health Coaching For Teens!

Is your teenager struggling with...

- **Unhealthy eating**
- **Screen time**
- **Inactivity**
- **Sleep**
- **Confidence**

We can help – and it's
completely FREE!

**FUN, EASY CHANGES
TO BOOST YOUR CHILD'S
HEALTH**

**SUPPORT FOR BOTH
TEENS & PARENTS**

**FLEXIBLE SESSIONS
FOR 11-16 YEAR OLDS
IN-PERSON, GROUP, VIRTUAL
OR PHONE**



Contact us

Limited spots available
Sign up now!
SCAN the QR Code
0115 7722515 (quote "CYPB")



Your Health
Notts



Nottinghamshire
County Council

NHS

Nottingham and
Nottinghamshire
Integrated Care Board