



Your Health
Notts

FAB

Food, Activity, Balance

4 - 17 YEARS

over the 91st centile

WHAT SUPPORT IS PROVIDED?

1:1 Nutrition Support

Virtual Group Sessions

Activity Groups

Cookery Classes

Free Workbooks & Resources



Helping Families to Eat Well and Move More.

**SCAN HERE
TO REFER
TODAY**



Call 0115 708 0908

visit

www.nottschildrenspoa.co.uk



**Nottinghamshire
County Council**

