

Event:



Family Funday

Marbury Country Park,
Northwich CW9 6AT

on Sunday 19th Sept
at 11am till 3pm

- Cycling
- Guided Walks
- Orienteering
- Smoothie Bike
- Treasure Hunts
- Free Swimming
- Football & Rugby
- Cookery Demonstrations
- Exercise Tasters
- Lots more !!

Bring a Healthy Picnic or Healthy refreshments available on the day

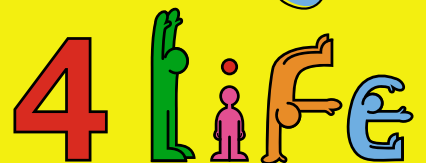


If transport is needed please contact
JACKIE LEWIS 01606 45920
CHRIS MOSELEY 01606 77741

Change4Life is a nationwide movement which aims to help us all, but especially our kids, eat well, move more and live longer.

Search for [change4life](#) or call 0300 123 4567*

change



Eat well Move more Live longer

*Calls to 03 numbers should cost no more than geographical 01 or 02 UK-wide calls, and may be part of inclusive minutes subject to your provider and your call package. Our offices are open from 9am to 8pm every day.