

**New Year Event by Public Health, Peterborough City Council at Beeches  
Primary School**

**Why not make a New Year's change?**

Thinking about losing weight, stopping smoking, reducing your alcohol intake or increasing your physical activity?

**If you want to make a change please come to our Public Health event!**

The Council's Public Health team are holding an event for parents and children to attend at Beeches Primary School on **Wednesday 18th January 2017 from 3:15-6pm.**

We will be doing mini health checks (height, weight, BMI, body fat %, water %, muscle mass, blood pressure, waist measurements and carbon monoxide reading).

A physical activity instructor will be doing short physical activity sessions with both parents and children for about 15 mins each.

We will also have stands to promote our services.

We have someone coming from 3:30-4:30pm to deliver a free cooking session that you can all watch and join in with, cooking healthy delicious food. You will be able to taste the food after, so please do not miss out on this exciting opportunity and come to the event.

Refreshments will be available.

**All our services are FREE!**