

# One Life Suffolk

## Coming soon!

*Families &  
Young people*

**Join our free family club to learn  
something new!**

Sudbury Sports Centre  
Tudor Rd, Sudbury, CO10 1NW  
Wednesday 20th Jan, 5:30pm - 7pm

10 weeks of fun that the  
whole family can enjoy!



Learn about healthy lifestyle topics such as food labels, sleep, portion control, physical activity and more!

Call  
01473  
718193

**Join our free programme today!**  
[onelifesuffolk.co.uk](http://onelifesuffolk.co.uk)