

FREE



boost[®]

One to One

Would you prefer personal advice on nutrition or exercise?

Providing parents/carers with the opportunity to book a one to one appointment with either a registered Dietitian or Physical Activity specialist.

During these sessions you will have access to professional support and advice around the topics covered in the group Boost programmes.

Programme Information



If you would like to find out about a programme in your area,
please call **0208 323 1725** or email
boost@mytimeactive.co.uk


mytimeactive

www.mytimeactive.co.uk/health