



# FIT FOR LIFE

Healthy Valleys are delighted to announce our new **FIT FOR LIFE** Project which is funded by Children in Need from 2018-2021 and The Cattanach Trust for 2018.

The Project will deliver fun and exciting **ACTIVE PLAY** sessions for **children and families** living in:

*Carlisle  
Douglas  
Lesmahagow*

*Carnwath  
Forth  
Lanark*

*Carstairs Junction  
Kirkmuirhill  
Rigside*

## PROGRAMMES INCLUDE

**COMMUNITY AND HOLIDAY PLAY CLUBS**

**EARLY YEARS ACTIVE PLAYTIME**

**CHILD HEALTH AND WELLBEING PROGRAMME**

If you are interested in finding out more, contact Christine at Healthy Valleys on:

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