

# Move with us

## Discover the activity that's right for you !

These sessions are run by school age practitioners to help young people find what motivates them to move and be active.

Sessions include fun games aimed for children 5-11years of all abilities, attending school or not.

Practitioners will also look at ways to support young people to get moving in their community and be healthy.

**Dates:** Every Wednesday (including school holidays)

**Time:** 3.40pm-4.40pm

**Location:** Chelmsford West Family Hub Delivery Site, Dixon Avenue, Chelmsford, CM1 2AQ

Free admission and no booking needed.

If you have any further questions please contact us.

**t:** 0300 247 0014

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