



KOALA
North West
Supporting children
& their families

STARTING YOUNG – HEALTHY LIFESTYLES

A 5 week programme to support parents and carers to find practical ways to give their children healthy, active lifestyles and inspire healthy habits for life.

Here at Koala North West we believe that working in partnership with parents and carers is the best way to make positive and lasting changes to families lifestyles.

WE WILL SUPPORT YOU WITH :

- Making healthy choices
- How to exercise with little ones
- Cooking family meals
- How small changes can make a big difference

For families with children
age 0–5.



Starting Young – Healthy Lifestyles

Each week we will visit you at home and focus on making small changes to support you on your healthy living journey.

This programme is open to any family who has a child age 0–5.



FOR MORE INFORMATION PLEASE CONTACT:

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