

# One Life Suffolk

## Coming soon!

*Families &  
Young people*

Join our free family club to learn  
something new!

Community Centre, Limerick Close  
Ipswich, IP1 5LR  
Wednesday 13th January, 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)