

One Life Suffolk

Coming soon!

*Families &
Young people*

**Join our free family club to learn
something new!**

Inspire Suffolk, Lindbergh Road
Ipswich, IP3 9QX
Thursday 14th 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