



# FREE HOLIDAY LUNCH CLUBS

Holiday Lunch Clubs are an exciting new school holiday programme free for parents/carers and children (aged 5-16) to enjoy. Families are invited to take part in an **8-day programme of fun, food and fitness** for parents and kids.

**Families will get the chance to:**

- learn more about healthy eating and cooking tasty meals on a budget
- spend time doing fun activities together

**Kids will get a chance to:**

- take part in supervised games and activities
- try new foods and have fun with their friends

**Newmains  
Community  
Trust Centre**

**Mondays-  
Wednesdays from  
4<sup>th</sup> July 2016**

**OR  
Thursdays and  
Fridays from 30<sup>th</sup>  
June 2016**

**10 am – 12:30 pm**

**Call or email to  
register:**

**[nl\\_hlc@hotmail.com](mailto:nl_hlc@hotmail.com)**

**0141 771 5943**

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