

**Free**

**MAKE, MOVE & MUNCH CLUB!**

Looking for a New Year health boost? We’ve teamed up with **Tesco** to offer a free Make, Move, Munch club at St Margaret of Scotland Primary. This is an exciting new after school programme for parents/carers and children to enjoy. Families are invited to take part in a **programme of healthy cooking, fitness & nutrition sessions – goody bags and prizes are on offer for families attending 6 sessions or more**!

A **hot and healthy meal** will be provided at every club!

**Families will get the chance to:**

* learn more about healthy eating and cooking tasty meals on a budget
* spend time doing light exercise such as yoga, metafit, dance & hoopla!

**Kids will get a chance to:**

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

## **ST MARGARET OF SCOTLAND PRIMARY**

## **EVERY TUESDAY for 8 WEEKS STARTING 7th FEBRUARY**

## **2pm-4pm**

## **Call or email to register your place:**

## **DMcBain@st-margaret-scotland.n-lanark.sch.uk**

## **T: 01236 632102**