

One Life Suffolk

Coming soon!

*Families &
Young people*

Join our free family club to learn
something new!

Colville House
School Road, Lowestoft, NR33 9NB
Friday 22nd January, 5pm - 6:30pm

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