



# FIT 4 LIFE

KEEP REGULAR HO

GET ENOUGH SLEEP

## Fit 4 Life Camp

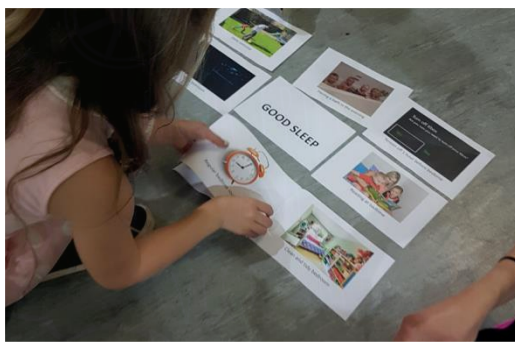
### SUMMER HOLIDAYS:

**Tuesday 6<sup>th</sup> – Thursday 8<sup>th</sup> August 2019 10 am – 12 noon**

Community Hub, Upper Level (next to management suite)  
Community Square, Shopping City Runcorn, WA7 2EU

**Tuesday 20<sup>th</sup> – Thursday 22<sup>nd</sup> August 2019 10 am – 12 noon**

St Luke's Scout & Guide Hut (Moon Meadow), Farnworth Street, Widnes WA8 9LH



**Come along with your kids for 3 days of fun active games and healthy lifestyles activities!**

**Places MUST be pre-booked.**

**To book call 0300 029 0029**

**If you can't come this time, call us, we run Fit 4 Life Camps every school holiday except Christmas Holidays.**