



Looking for activities to keep your children fit and healthy during the holidays? ABL Health is running FREE summer clubs suitable for five-12-year olds, with fun, interactive sessions covering topics including Healthy Lifestyle Skills, Get Fit For Summer and Cook & Eat. Venues are as follows:

**Longsight Community Primary School, 1 Farrer Road, Manchester, M13 0QX**

- Tuesday 3 day-course, 9.30am to 3.30pm, July 25, 26 & 27 OR August 1, 2 & 3.

**Woodhouse Park Lifestyle Centre, 206 Portway, Wythenshawe, Manchester, M22 1QW**

- Friday 3-day course, 9.30am to 3.30pm, August 11, 18 & 25.

**Cedar Mount Academy, Gorton Education Village, 50 Wembley Road, Manchester, M18 7DT**

- Attend 3 consecutive days, 9.30am to 3.30pm, August 14, 15 & 16 OR 21, 22 & 23.
- Attend 6 mornings, 9.30am to 12pm, August 14, 15, 16, 21, 22 & 23.
- Attend 6 afternoons, 1pm to 3.30pm, August 14, 15, 16, 21, 22 & 23.
- Attend 3 days, 9.30am to 3.30pm, choose from August 14, 15, 16, 21, 22 & 23.

The sessions are run in partnership with Manchester City Council. Places are limited so please **call 0161 393 7576** or **e-mail: [fabmanchester@ablhealth.co.uk](mailto:fabmanchester@ablhealth.co.uk)** for more information about the sessions and to book your place.