



Free Family Wellness Event

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Wednesday 12th March at 7:30 pm

At Lavant Primary School

Balance family life with staying fit and healthy can be a struggle - especially with rising costs of living. Therefore, we invite you to join us for a FREE Family Wellness Event where **Natalie from FitJoy** and her husband, from **Chichester Nutrition Club**, will share practical, cost-effective tips to boost your family's wellbeing.

- Discover simple ways to stay active as a family
- Affordable meal ideas that don't compromise on nutrition
- Time-saving health hacks that fit into a busy lifestyle.
- Plus, take advantage of a **free body analysis** to kick-start your wellness journey!

Join us for an informative and inspiring evening designed to make healthy living easy, achievable, and budget-friendly.

To register email: office@lavant.w-sussex.sch.uk