



Family Adult Community Education Service

Family Fun & Games Workshop

Suitable for parents/carers interested in finding out about health and fitness.



Learn how to improve your family's health and fitness by finding out about:

- The importance of a good diet
- The benefits of a healthy lifestyle
- The benefits of exercise
- Examples of activities you can do with your family
- Sharing experiences/ideas

This workshop will include taking part in practical games and activities for you and your child.

This course can lead to other learning opportunities, please ask your tutor for more information.

Where: Ecclesfield Primary School

Date: Thursday 18th June 2026 (KS1)

Thursday 25th June 2026 (KS2)

Time: 9-11am

To book: Book using the ParentPay offer 'Family Fun and Games'. Places are limited so please book early to avoid disappointment.

This workshop is funded by SYMCA so there is no cost.

<https://lifelong-learning.sheffield.gov.uk/>



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