

A Better Start Southend Buggy Active!

Wednesday
27th March
10.15-11.30am

Meet us in Southchurch Park, near the Cricket Club Pavillion, Northumberland Crescent, Southend-on-Sea, SS1 2XB. Please see the map on the back.

Come along with your child for some fresh air and fun and get involved with a Buggy Active session held by Active Life!

- Free session for families
- Meet new parents in your area
- Enjoy health benefits of outdoor activity
- For all members of the family



This free session is open to families who live within the Kursaal Ward area and have a child or children under the age of 4 years old.

Join Zoe from Active Life for a brisk walk/jog around the park, where she will show you some simple stretches and exercises. Please wear appropriate clothing and comfortable shoes. Some light refreshments and water will also be provided.

Spaces are limited, booking is required.

To book your free space or for more information
please call or email Georgia Cleaver :

01702 356069

ttengage2@savs-southend.co.uk

Parent-led engagement activity, welcome to all parent/carers and grandparents of children 0-3 from the Kursaal Ward Area.

www.abetterstartsouthend.co.uk/locations



