



*Gloji Energy is a FREE healthy lifestyle programme for children and families that supports them to lead healthier lifestyles. Gloji Energy is fully funded by Oxfordshire County Council and accessible for children aged 4-12 years old. There will be both group and one to one sessions available, dependant on the needs of each family.*

*Gloji Energy isn't about introducing your child or family to a diet, it is to provide children with 45 minutes of various physical activity whilst parents/carers learn healthy lifestyle tips and tricks which include subjects such as, regular eating patterns, portions, making and breaking habits, staying active, sleep and meal planning. There is also a 15 minute interactive activity at the end each sessions for the whole family to engage in.*

*Locations where Gloji Energy is being held include Oxford, Bicester, Witney, Berinsfield, Abingdon and Didcot.*

*Families can find out more information on locations and dates of the programmes and sign up by accessing Achieve Oxfordshire's website:*

<https://www.achieveoxfordshire.org.uk/services/gloji-energy>