



Worried about your child's weight?

Help is at hand!



In partnership with Kent County Council, your local Council and Healthy Living Centres run a range of FREE and fun healthy weight programmes for children, young people and their families.

If you live in or around the following areas, contact your local provider NOW to find out more or speak to your GP about a referral today.

Dartford Area

Healthy Living Centre, Dartford

T: 01322 311265 e: info@hlcdartford.org.uk

Gravesham Area

The Gr@nd Healthy Living Centre

T: 01474 320123

e: healthyweight@gravesham.gov.uk

Swanley Area

Sevenoaks District Healthy Living Team

T: 01732 227000 e: healthy.living@sevenoaks.gov.uk



Make the change today to become fitter, healthier and happier!

Funded by

Dartford and Gravesham 
NHS Trust



