



'Fighting Fat' and 'Health 4 Kidz'

self care support for young people

by Kath Sharman and Beth Cooper

"These booklets and DVD are invaluable and empowering tools for young people. The information covered includes areas that are often not spoken about such as bullying and also some of the reasons why poor eating behaviours develop. By raising awareness, these resources provide young people with some excellent tips for making lasting changes to their lives".



Price:
 Fighting Fat booklet £2.75
 Fighting Fat DVD £3.99
 Health 4 Kidz booklet £3.25
 (+ £1.50 P&P) OR
£8.00 for all (+ £1.50 P&P)
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