





## Could you be our next SUGAR SMART Family?

*Would you and your family like to reduce your sugar intake with help and support?*

The SUGAR SMART team are looking for two families who would like help to reduce their sugar intake, sharing their story and top tips with other residents throughout the journey.

With support and guidance from our Community Dietitian and Health Improvement Practitioners from Virgin Care, the families will receive weekly support over an 8 week period, as well as a chance to take part in cookery sessions.

If you are interested in reducing your families' sugar intake and can answer **YES** to the questions below then we would like to hear from you:

-  Live in Radstock, Westfield or in Bath in the BA2 area?
-  Are parents or carers for children under 16 years?
-  Committed to reducing your sugar intake?
-  Happy to share your sugar reduction journey with other residents?

To sign your family up or to find out more information please e-mail [Sugarsmart@bathnes.gov.uk](mailto:Sugarsmart@bathnes.gov.uk) detailing your name and contact telephone number