

Life Education WESSEX

'helping children make healthy choices'

Children are facing ever increasing pressures and temptations to damage their health and futures, whether through poor diet, drinking alcohol, smoking or misusing drugs. Experts predict that this current generation of children in schools will die before their parents purely because of lifestyle choices including obesity.

Who are we?

Life Education Wessex is a children's charity that has been working with the community and schools for over 20 years to help children make vital healthy choices in life.

What do we do?

- We visit around 60,000 children between the age of 3 and 13 in schools every year.
- Our highly trained Educators using Life Education mobile classrooms create a special and memorable environment to deliver a series of fun, age appropriate health education programmes.

Why do we do it?

- "Education for children at an early age is vital to help them adopt the right healthy habits." (Professor Robert Winston)
- The well being and health of our young people is the future of our community.

How do we do it?

- By making our programmes fun and informative we equip children with the knowledge skills and self confidence to form positive healthy attitudes.
- We empower them to make their own choices in life by educating them on the effects and risks of eating badly, smoking, drinking alcohol and taking drugs.
- We show them how to overcome peer pressure and bullying and how to make their own choice about what they do.
- We visit schools annually and build on the knowledge of previous years so that children can move on to secondary school confident they can make informed healthy lifestyle choices and resist pressures to damage their health.

Can't do it without YOU!

**We need the help and support
of the Community**

Your choice...your future

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