

Sainsbury's

Active Kids

For All

Inclusive Community Training Programme

For all ages



"The training will help me to go on and promote healthy living and daily activities with my service users."

David, Carer

Working together to support healthier lifestyles

"It has opened my eyes"

Do you support disabled people of all ages within the community? If so, you could play an important role in **making active lives possible**.

Everyone has a right to be active, but we know that not all have access or opportunities.

Sainsbury's Inclusive Community Training has been developed to support you to introduce

physical activity and sport to the disabled people you work with.

No experience required!

At most, £10 per delegate.

Minimum cost, maximum learned.



For more information contact the English Federation of Disability Sport (EFDS) on AK4A@efds.co.uk or **01509 227751**.