



NHS

Get Active!

Building Healthy Habits for Kids



Easy Tips to Get Kids Moving



Support for Active Family Time

Free drop-in workshop for parents & carers



30th April 2026



9:00am – 11:00am

Part of the Healthy Habits Project from
Margate PCN, NHS Primary Care & Kent Family Hub

Helping families with children's health,
minor illnesses, eating well, and development.



Margate
Primary Care Network

NHS

Kent and
Medway