



SHINE

Sirona
care & health



What is SHINE?

- **SHINE** stands for **Self Help, Independence, Nutrition and Exercise**
- It is a **FREE 12 week programme for young people** aged between 10 – 17

SHINE is here to help young people

- Increase their **confidence and self-esteem**
- Take part in weekly activity sessions such as **Tae Kwon Do, Outdoor Climbing, Trampolining, Cooking and Dodge Ball**
- Make **healthier food and drink choices**

To sign up or to find out more please contact
The Healthy Lifestyle Service

✨ E: healthylifestyleservice@sirona-cic.org.uk ✨ T: 01225 831852

f Healthy Lifestyle Service

🐦 @SironaLifestyle



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"SHINE has helped me to take a positive attitude towards myself and has made me realise I can keep up with the changes I have made"
Grace, 14

"SHINE has helped me to gain confidence and believe in myself"
Ellie, 12

Course starting soon in your area

Somer Centre, Midsomer Norton, BA3 2UH

Every Monday & Tuesday, 5:00-6:45pm

Starting Monday 25th April

"From taking part in SHINE, my son has made changes to his diet and is taking more exercise from trying activities in a relaxed, friendly environment"
Clare (Parent)

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