



# FREE WELLBEING GUIDANCE FOR FAMILIES

**Does your family need support with physical activity and wellbeing?**

**Sign up now!**

In wellbeing guidance for families, the wellbeing instructor supports you in matters related to healthy lifestyles and helps you find suitable ways to stay active. You will receive easy-to-understand tips on physical activity and wellbeing.

**Vantaa**



## **YOU CAN PARTICIPATE IN THE SERVICE IF:**

- Your family has at least one child aged 1–6 years
- You feel that your family is not active enough or does not move enough
- You want to change your family's habits regarding physical activity and have the motivation and energy to do so

You can choose whether to participate in group guidance or individual family guidance.

The guidance languages are Finnish and English, and interpretation is also available for individual sessions if needed.

The pilot has started in September 2025.



### **INDIVIDUAL FAMILY GUIDANCE**

- Meetings are scheduled on weekdays between 8AM and 5PM. The meeting locations and times will be agreed upon together with your family.
- The service is available from a one-time appointment to a longer 4–6-month period of well-being guidance.
- The meetings will include discussions and physical activities based on your preferences.
- The whole family can participate in the guidance.
- Parents can also choose to do Inbody and/or Firstbeat Life measurements free of charge (value €50–200).

### **WELLBEING FAMILIES-GROUP**

- You will meet with the wellbeing instructor and the group monthly for about 5 months.
- The meetings will include physical activities based on different themes and discussions on wellness topics.
- The whole family can participate in the group

You can check the exact locations and schedules of the groups from: [vantaa.fi/perheidenhyvinvointiohjaus](http://vantaa.fi/perheidenhyvinvointiohjaus). Each group can have up to 5 families as participants. Group's guidance language is Finnish.

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Are you interested? Sign up by scanning the QR code below or in the address <https://link.webropol.com/s/hyvinvointiohjaus>

The wellbeing instructors will contact you after you sign up.

You can also ask for more information or register by calling or via email.

Read more at [vantaa.fi/perheidenhyvinvointiohjaus](https://vantaa.fi/perheidenhyvinvointiohjaus)



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