

# betterhealthprogram

healthy active happy kids

**DON'T MISS OUT! REGISTER NOW FOR TERM 1 2018!**



## IS YOUR CHILD 7 - 13 YEARS?

## ARE YOU WORRIED ABOUT THEIR WEIGHT?

- FUN, **FREE** 10 week program to help families to lead healthier and happier lives
- Build confidence and boost self esteem
- Get fit playing fun games and activities
- Meet new friends and learn new healthy eating and goal setting skills
- Set goals to reach and maintain a healthy weight

## TERM 1 2018 PROGRAMS

### Cannington

Bounce Cannington  
Wednesdays or Thursdays  
4.00pm - 6.00pm

### Cockburn

Details to be confirmed

### Joondalup

HBF Arena  
Tuesdays  
4.00pm - 6.00pm

### Mirrabooka

Herb Graham Rec Centre  
Thursdays  
4.00pm - 6.00pm

### Rockingham

Details to be confirmed

## TERM 1 DATES:

**29/01/2018 - 13/04/2018**

**1300 822 953 | SMS: 0409 745 645 | [betterhealthprogram.org](http://betterhealthprogram.org)**

**Facebook: Better Health Company**

