

FREE, FUN PROGRAM FOR KIDS

A program for children aged 7-13 years who are above their healthy weight and their parents and carers.

PLACES ARE LIMITED! REGISTER NOW!



Call us:

1300 822 953



Text us:

0409 745 645



Online:

www.betterhealthprogram.org



Message us:

Better Health Company



What is the Better Health Program?

The Better Health Program is a fun, interactive 10 week healthy lifestyle program for families. In a supportive and friendly environment, the program covers information about healthy eating and includes an hour of physical activity at every session! Sessions run each week, for 2 hours.

Children build confidence, boost self-esteem and get fit playing fun games, while parents learn new skills to ensure their children are fit and healthy.

The best part about the program is that it's FREE!

Programs run every school term at various locations.

Contact 1300 822 953 to find your local program!

