

betterhealthprogram

healthy active happy kids

DON'T MISS OUT! REGISTER NOW FOR TERM 2 2017!



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 2 DATES:

24/04/2017 - 30/06/2017

TERM 2 2017 PROGRAMS

Ellenbrook

Arbor Grove Primary School
Wednesdays
4.00pm - 6.00pm

Cannington

Bounce Cannington
Wednesdays
4.00pm - 6.00pm

Cockburn

Cockburn Integrated Health
Thursdays
4.00pm - 6.00pm

Mirrabooka

Herb Graham Rec Centre
Thursdays
4.00pm - 6.00pm

Craigie

Craigie Leisure Centre
Wednesdays
4.00pm - 6.00pm

Byford

YMCA Serpentine Jarrahdale
Community Rec Centre
Wednesdays
4.00pm - 6.00pm

1300 822 953 | SMS: 0409 745 645 | betterhealthprogram.org

Facebook: Better Health Company

