

betterhealthprogram

healthy active happy kids

DON'T MISS OUT! REGISTER NOW FOR TERM 3 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 3 2017 PROGRAMS

Ellenbrook

Arbor Grove Primary School
Wednesdays
4.00pm - 6.00pm

Cannington

Bounce Cannington
Tuesdays or Wednesdays
4.00pm - 6.00pm

Cockburn

Cockburn Integrated Health
Thursdays
4.00pm - 6.00pm

Mirrabooka

Herb Graham Rec Centre
Thursdays
4.00pm - 6.00pm

Rockingham

Mike Barnett Sports Complex
Tuesdays
4.00pm - 6.00pm

Joondalup

HBF Arena
Thursdays
4.00pm - 6.00pm

TERM 3 DATES:

17/07/2017 - 22/09/2017

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

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