



## FREE FUN PROGRAM FOR KIDS!

**The Better Health Program is a 10 week healthy lifestyle program for kids aged 7-13 who are above a healthy weight.**

- Learn simple ways to eat healthier foods everyday
- Build confidence and boost self esteem
- Get fit playing fun games and activities
- Meet new friends and have fun!

**PLACES ARE LIMITED REGISTER NOW FOR TERM 4 2019:**

**Cannington – Bounce Inc, Wednesday or Thursday 4-6pm**

**Mirrabooka – Herb Graham Recreation Centre, Tuesday 4-6pm**

**Joondalup – Latitude, Thursday 4-6pm**

**Port Kennedy – Rebound Arena, Tuesday 4-6pm**

**Call: 1300 822 953 - SMS: 0409 745 645**

**Online: [betterhealthprogram.org](http://betterhealthprogram.org)**

