






Want to prepare  
your kids for a  
healthier future?

# BETTER HEALTH PROGRAM

Is your child...

-  Aged 6-12 years old?
-  Above a healthy weight?
-  In need of support to improve eating and activity habits?

The *Better Health Program* is a **free**, 10-week healthy lifestyle program for you and your child. Weekly discussions include topics such as good nutrition, forming positive habits, becoming a healthier family and being physically active.


The program is available in **online** and **face-to-face** formats.

Both versions include a bunch of **great freebies**, and a **reward** at the end!

  @betterhealthprogram

**Sign up today!**

 [www.betterhealthprogram.org](http://www.betterhealthprogram.org)

 1300 822 953



Government of **Western Australia**  
Department of **Health**

**BETTER  
HEALTH  
CO.**



Participants receive great freebies and a reward at the end!

# BETTER HEALTH PROGRAM

## Available in two formats

**Online** – complete fun, online sessions with your child plus a weekly call with your own personal health coach.

**In a group** – attend 2-hour group sessions with your child, once a week in a local venue. Participate in family learning sessions, games and physical activity for your child.

## Sign up today!

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