

BETTER HEALTH PROGRAM

Want to prepare your kids for a healthier future?

Is your child...

- 🌸 6-12yrs 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!



"The program was fantastic. So great that I didn't have to coax my daughter to come every week. She loved it and she couldn't wait to come. It's made a huge difference in our life!"

- Better Health Program Parent

Sign up today!

 betterhealthprogram.org/wa

 1300 822 953



For health tips follow us:

 @betterhealthco

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Participants receive great freebies and advice. **Plus a reward at the end!**



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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Government of **Western Australia**
Department of Health

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