

betterhealthprogram

healthy active happy kids

DON'T MISS OUT! REGISTER NOW FOR TERM 2 2016!



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:

26/04/2016 - 01/07/2016

TERM 2 2016 PROGRAMS

Armadale

Armadale Arena
Tuesdays & Thursday
5.00pm - 7.00pm

Cannington

Cannington Leisureplex
Wednesdays & Fridays
4.00pm - 6.00pm

Cockburn

Cockburn Youth Centre
Mondays & Wednesdays
4.00pm - 6.00pm

Joondalup

HBF Arena Joondalup
Mondays & Wednesdays
5.00pm - 7.00pm

Mirrabeeka

Herb Graham Rec Centre
Tuesdays & Thursdays
4.00pm - 6.00pm

Rivervale

Jump About Trampoline Park
Mondays & Wednesdays
5.00pm - 7.00pm

Rockingham

Mike Barnett Sports Complex
Mondays & Wednesdays
5.00pm - 7.00pm

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Government of Western Australia
Department of Health

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