



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 1 2020:

Cannington – BOUNCEInc, Wednesday or Thursday 4-6pm

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

Joondalup – Latitude, Thursday 4-6pm

Port Kennedy – Rebound Arena, Wednesday 4-6pm

Call: 1300 822 953 - SMS: 0409 745 645

Online: betterhealthprogram.org



Government of Western Australia
Department of Health