

# 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

### Mirrabooka

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

**1300 822 953 | SMS: 0409 745 645 | [betterhealthprogram.org](http://betterhealthprogram.org)**

**Facebook: Better Health Company**



Government of Western Australia  
Department of Health

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