



FREE FUN KIDS PROGRAM!

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!

**REGISTER NOW FOR
TERM 2 2019**

**Port Kennedy
Cannington
Mirrabooka
Joondalup**

Call: 1300 822 953 SMS: 0409 745 645

Online: betterhealthprogram.org