



Early years healthy lifestyle program!



theactive8
program

Active8 is an **eight week, online healthy lifestyle program for parents and carers of 2-6 year olds.**

Interactive online learning sessions, professional health coaching and practical resources will help you learn to take the fuss out of food and feel more confident raising happy, healthy children! See if your family is eligible today!

BETTER HEALTH CO.



1300 822 953



0409 745 645



www.theactive8.org

