

FREE, FUN KIDS PROGRAM



Join your next FREE local program at Herb Graham Recreation Centre

DO YOU HAVE KIDS 7-13 YEARS OLD? ARE YOU WORRIED ABOUT THEIR WEIGHT?

The Better Health Program is a fun, interactive 10 week healthy lifestyle program for families.

In a supportive and friendly environment, children become fitter, healthier and happier.

PLACES ARE LIMITED! FIND OUT MORE OR REGISTER NOW FOR TERM 1 2018:



Call us: 1300 822 953



Text us: 0409 745 645



Online: www.betterhealthprogram.org

Starts: February 8th, 2018

Day: Thursday

Time: 4-6pm

betterhealthprogram
healthy active happy kids



GOVERNMENT OF
WESTERN AUSTRALIA

PARTNER