

betterhealthprogram

healthy active happy kids

DON'T MISS OUT! REGISTER NOW FOR TERM 2 2018!



IS YOUR CHILD 7 - 13 YEARS?

ARE YOU WORRIED ABOUT THEIR WEIGHT?

- FUN, **FREE** 9 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:

30/04/2018 - 29/06/2018

TERM 2 2018 PROGRAMS

Cannington

Bounce Cannington
Wednesdays or Thursdays
4.00pm - 6.00pm

Cockburn

Cockburn ARC
Tuesdays
4.00pm - 6.00pm

Joondalup

HBF Arena
Thursdays
4.00pm - 6.00pm

Mirrabooka

Herb Graham Rec Centre
Tuesdays
4.00pm - 6.00pm

Rockingham

Mike Barnett Sports Complex
Wednesdays
4.00pm - 6.00pm

Ellenbrook

Arbor Grove Primary School
Wednesdays
4.00pm - 6.00pm

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