FREE, FUN PROGRAM FOR KIDS

A fun, interactive program for children aged 7-13 years who are above a healthy weight and their parents and carers.

Call 1300 822 953 to register now! Places are limited.
What is the Better Health Program?
The Better Health Program is a fun, interactive 10 week healthy lifestyle program for families. The program covers information about healthy eating and physical activity in a supportive and friendly environment.

Children build confidence, boost self-esteem and get fit playing fun games and parents learn new skills to ensure their children are fit and healthy.

Who runs the program?
All programs are delivered by qualified health and fitness professionals.

How much does it cost?
The program is funded by the Western Australian Department of Health, so is FREE for families to attend.

Call 1300 822 953 or visit betterhealthprogram.org to register!