For more information or to register for the program:

Call
1300 822 953

SMS for a call back
0409 745 645

Register online at
www.betterhealthprogram.org

Like us on facebook

FREE fun program for kids to become fitter, healthier & happier
www.betterhealthprogram.org
for a call back or register online.
Call 1 300 822 953, SMS 0409 745 645

Try delicious and healthy new foods!
Adopt healthy foods, label reading and
practical demonstrations. Games and tips
nutrition, physical activity and self-esteeem.

Fun, interactive discussions to teach you easy
weekly games and activities for children.
Highlights include:
2 hours. Highlights include:

What happens on the Better Health Program?
Healthy weight and their parents.
3 years who are above a
1-3 years.

Why join a Better Health Program?

Who can participate?

Better Health Program is a free healthy living

What is the Better