

BETTER HEALTH PROGRAM

Want to prepare your kids for a healthier future?

The Better Health Program is a **FREE**, 10-week program for you and your 6 -12yr old child. Topics include physical activity, nutrition and forming positive habits.

The program comes in two formats



Online – complete fun, online sessions with your child and a weekly call with your own personal health coach.



In a group – attend 2-hour group sessions with your child, once a week in a local venue. Participate in family learning sessions, games and physical activity for your child.

INCLUDES
FREE
RESOURCES!



Sign up today!

 betterhealthprogram.org

 1300 822 953



Government of Western Australia
Department of Health

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