






Want to prepare
your kids for a
healthier future?

BETTER HEALTH PROGRAM

Is your child...

-  Aged 6-12 years old?
-  Above a healthy weight?
-  In need of support to improve eating and activity habits?

The *Better Health Program* is a **free**, 10-week healthy lifestyle program for you and your child. Weekly discussions include topics such as good nutrition, forming positive habits, becoming a healthier family and being physically active.

The program is available in **online** and **face-to-face** formats.

Both versions include a bunch of **great freebies**, and a **reward** at the end!

  @betterhealthprogram

Sign up today!

 www.betterhealthprogram.org

 1300 822 953



Government of **Western Australia**
Department of Health

**BETTER
HEALTH
CO.**



Participants receive great freebies and a reward at the end!

BETTER HEALTH PROGRAM

Available in two formats

Online – complete fun, online sessions with your child plus 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.

Sign up today!

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