IS YOUR CHILD 7 - 13 YEARS?
ARE YOU WORRIED ABOUT THEIR WEIGHT?

- FUN, FREE 10 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

<table>
<thead>
<tr>
<th>Location</th>
<th>Details</th>
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| Beechboro      | Altona Park Leisure Centre  
Tuesdays & Thursdays  
4.00pm - 6.00pm   |
| Cannington     | Cannington Leisureplex  
Wednesdays & Fridays  
4.00pm - 6.00pm    |
| East Victoria Park | Leisurelife Centre  
Tuesdays & Thursdays  
5.00pm - 7.00pm   |
| Joondalup      | HBF Arena Joondalup  
Tuesdays & Thursdays  
4.00pm - 6.00pm   |
| Mirrabooka     | Herb Graham Rec Centre  
Tuesdays & Thursdays  
4.00pm - 6.00pm   |
| Rivervale      | Jump About Trampoline Park  
Mondays & Wednesdays  
4.00pm - 6.00pm   |
| Rockingham     | Mike Barnett Sports Complex  
Mondays & Wednesdays  
5.00pm - 7.00pm   |
| South Lake     | South Lake Leisure Centre  
Tuesdays & Thursdays  
4.00pm - 6.00pm   |

TERM 1 2016 PROGRAMS

Amadale
Armadale Arena  
Tuesdays & Thursdays  
5.00pm - 7.00pm

TERM 1 DATES: 01/02/2016 - 08/04/2016

1300 822 953  | SMS: 0409 745 645  | betterhealthprogram.org
Facebook: Better Health Company