

# 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](https://betterhealthprogram.org)

 1300 822 953



Government of Western Australia  
Department of Health

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