

BETTER HEALTH PROGRAM

Want to prepare your kids for a healthier future?

Is your child...

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

The *Better Health Program* is a **free**, flexible healthy lifestyle program for you and your child.

Meet regularly with a personal health coach to cover 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!



"The program was fantastic. So great that I didn't have to coax my daughter to come every week. She loved it and she couldn't wait to come. It's made a huge difference in our life!"

- Better Health Program Parent

Sign up today!

 betterhealthprogram.org

 1300 822 953



For health tips follow us:



@betterhealthco



@betterhealthcompany

Participants receive great freebies and advice. **Plus a reward at the end!**



Available in two formats



Online – complete up to 10 fun, online sessions with your child and calls with your own personal health coach over 6 months. The program flexes to your family's lifestyle so you can go as fast or as slow as you need!



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!

 betterhealthprogram.org

 1300 822 953



For health tips follow us:



@betterhealthco



@betterhealthcompany



Government of **Western Australia**
Department of Health

Powered by
BETTER HEALTH CO.