

# FREE, FUN KIDS PROGRAM

City of  
Cockburn



Join your next FREE local program at Cockburn Integrated Health

**DO YOU HAVE KIDS 7-13 YEARS OLD? ARE YOU WORRIED ABOUT THEIR WEIGHT?**

The Better Health Program is a fun, interactive 10 week healthy lifestyle program for families. In a supportive and friendly environment, children become fitter, healthier and happier.

**PLACES ARE LIMITED! FIND OUT MORE OR REGISTER NOW FOR TERM 1 2017:**



**Call us:** 1300 822 953



**Text us:** 0409 745 645



**Online:** [www.betterhealthprogram.org](http://www.betterhealthprogram.org)

**Starts:** 9<sup>th</sup> February 2017

**Day:** Thursday

**Time:** 4-6pm

**betterhealthprogram**  
healthy active happy kids



**PARTNER**