



**FREE fun program for kids to become fitter, healthier and happier**

## **ARE YOU READY TO GO4FUN?**

Go4Fun Online is a FREE program for NSW children aged 7-13 years who are above a healthy weight, and their parent or carers. The program offers expert advice about healthy eating and can help support you with setting goals for making positive health changes as a family. Run across 10 weeks during the school term, Go4Fun Online can be completed in the comfort of your own home. Highlights include:

- Fun games and activities
- Practical tools and tips to help with healthy eating, label reading and portion sizes
- Great resources to make healthier choices
- Earning tokens along the way to exchange for cool prizes at the end of the program!



**Term 3  
registrations  
are now  
OPEN  
with limited  
places!**

**For more information or to register, freecall  
1800 780 900 or SMS 0409 745 645 for a call back**

