

# Healthy, happy and active kids

Join a **FREE** after school program supporting children and their families to achieve a healthy lifestyle.

## What will your family gain?

- Expert advice from health professionals, including dietitians.
- Quality time together learning healthy habits for life.
- Improved overall wellbeing for the family.



## What's involved?

Sessions run once a week for 8 weeks, in Term 4, 2024.

### Topics include:

- Encouraging children to try a variety of foods.
- Managing screentime and sleep routines.
- Affordable meals and snacks.
- Building resilience.
- Low-cost ways to get active.

## REGISTER HERE



[Click here](#)

## Your local program:

**Where:** Sutherland Leisure Centre, 1 Rawson Ave, Sutherland

Free parking available on-site, or a 10-minute walk from Sutherland train station

**When:** Mondays 4-6pm, starting 21 October 2024

