

Healthy Families

FREE healthy eating and physical activity program for families.

A 5-week program for parents/carers learning practical strategies and tips to support their children to be healthy, active and happy. Children will participate in fun games and mindfulness activities.

Topics to be covered:

- Healthy eating for the whole family
- Strategies to support fussy eating
- Managing screen time and sleep
- Being active as a family
- Building resilience



Monday 15 June - Monday 13 July
4:00pm - 5:30pm



Primary school aged children and their parents/carers.



Arncliffe Youth Centre
9 Townsend Lane Arncliffe



Program delivered in English with in-language support for families from culturally diverse backgrounds.



Registration: Scan the QR code or click [here](#) to register.
Email linda.trotter@health.nsw.gov.au, if you have any questions.

SCAN HERE TO REGISTER



Afternoon tea

Participation rewards

Expert health presenters

This program is organised by the Equity and Prevention Service, South Eastern Sydney Local Health District.

