

Healthy and Active Families

FREE healthy eating and physical activity program for families from Chinese communities.

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, cooking 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



Wednesday 21 October - Wednesday 25 November
4:00pm - 5:30pm



Primary school aged children and their parents/carers



Kogarah School of Arts
Queens Ave & Bowns Rd, Kogarah



Program delivered in English with in-language support from Mandarin speaking staff



Registration:
[Click here](#) to register

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.