

**FREE**



## **Aboriginal Go4Fun<sup>®</sup>**

10 week healthy lifestyle program  
for Aboriginal children and their families

**TO REGISTER: FREE CALL**

**1800 780 900**

**GO4FUN.COM.AU**

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sms 0409 745 645 for a call back





Go4Fun® is a fun and interactive program that helps children aged 7-13 years who are above a healthy weight and their families adopt a long-lasting healthy lifestyle.



### What happens on Go4Fun®?

The program consists of 10 sessions, once a week for 2 hours. A parent or carer is required to attend each session.

### Highlights include:

- Weekly games and activities for children.
- Fun, interactive discussions to teach you easy ways to improve your child's diet, physical activity and self-esteem.
- Practical demonstrations, games and tips about healthy foods, label reading and portion sizes.
- The chance to try delicious and healthy new foods!

Children and their families become fitter, healthier and happier as they have fun, meet new friends and learn new skills.

For more information  
or to register for  
the program:

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