



Aboriginal Go4Fun

10 week healthy lifestyle program
for Aboriginal children and their families

TO REGISTER: FREE CALL

1800 780 900

GO4FUN.COM.AU

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.

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