



Healthy • Active • Happy • Kids

For more information or to register for the program:

Free call

1800 780 900

SMS for a call back

0409 745 645

Register online at

www.mendcentral.org



NSW Ministry of Health
73 Miller St, North Sydney, 2060
Tel (02) 9391 9000 www.health.nsw.gov.au

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What is Go4Fun®?

Go4Fun® is a free healthy living program for kids to become fitter, healthier and happier. The program is fun and interactive and supports 7–13 year old children and their families to adopt a healthy lifestyle and a long lasting and healthy approach to living. Children and their families become fitter, healthier and happier as they have fun, meet new friends and learn new skills.

Who can participate?

The program has been specifically designed for children aged 7-13 years who are above a healthy weight, and their parents.

What happens on the Go4Fun® program?

The program consists of 20 sessions, twice a week for 2 hours. Highlights include:

- Weekly games and activities for children.
- Fun, interactive discussions to teach you easy and effective ways to improve your child's nutrition, 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!

Why join Go4Fun®?

- ✓ FREE healthy living program to help 7-13 year olds and their families to lead healthier lives
- ✓ Make new friends
- ✓ Feel more confident and boost self esteem
- ✓ Get fit playing fun games
- ✓ Set goals to reach and maintain a healthy weight

How to Register

Places on the program are limited, so register today and make sure you don't miss out!

Free call 1800 780 900 or register online at www.mendcentral.org