

FREE fun program for kids to become healthier, fitter and happier!

The Go4Fun Program is an established healthy lifestyle program to improve health, fitness, self esteem and confidence in children aged 7-13 years who are **above** their ideal weight.

The program runs over one school term (10 weeks). There are 20 sessions (2 sessions/week, 2hrs/session). All sessions run after school. Sessions include:

- Games and activities for kids
- Easy, effective ways to improve your child's self esteem and confidence
- Demonstrations, games and tips on healthy foods, label reading and portion sizes
- A fun supermarket tour

Term 2, 2012 programs include:

MATRAVILLE

Matraville Soldiers Settlement Public School
Menin Rd, Matraville

Tuesdays and Thursdays
4.30pm to 6.30pm
Tuesday 24th April – 28th June 2012

CARINGBAH

Caringbah North Public School
125 Cawarra Rd, Caringbah

Tuesdays and Thursdays
4.15pm to 6.15pm
Tuesday 24th April – 28th June 2012

HURSTVILLE

Hurstville Division of General Practice
41 Dora St, Hurstville

Tuesdays and Thursdays
4.30pm to 6.30pm
Tuesday 24th April – 28th June 2012

How can I join the program?

Places on the Program are being given away on a first come, first served basis. Children need to be **7-13 years old and above their ideal weight** to qualify for the program.

Please note a parent or carer must accompany each child to every session

For further information or to make a referral, please call **1800 780 900**

You can also visit www.mendprogramme.org and click on 'Join a MEND Program'