

Dear parent or carer,

Go4Fun is a healthy lifestyle program for children aged 7 to 13 years, who are above a healthy weight. Best of all it's **absolutely FREE!**

WHEN DOES GO4FUN RUN? Go4Fun runs for 10 weeks after school during the school term, and children attend a fun filled 2-hour session each week with their parent.

WHAT DO WE DO AT GO4FUN? Every week children play fun and interactive games and activities to get their heart rates up and enjoying being active. You and your child learn about healthy eating, setting goals, portion sizes, label reading and more. The child receives up to 3 attendance prizes, and parents a \$20 fresh fruit and vegie voucher each session the parent or primary carer attend, to a maximum 10 vouchers. School-aged siblings welcome.

Registration for Term 1, 2020 is open with limited places in FREE, FUN Port Macquarie Go4Fun which runs Wednesday afternoons from 4 - 6pm, starting Wednesday February 5th 2019 at Port Macquarie pool and Port Macquarie public school.

Register NOW at Free call 1800 780 900 or at www.go4fun.com.au



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