## FREE, FUN PROGRAM FOR HAPPIER AND HEALTHIER KIDS

## Why Join?

- Build confidence
- Have fun
- Learn about healthy eating
- Set goals
- Improve health





Know a kid who needs help with weight management?

Healthy Territory Kids is a free healthy lifestyle program for 7 to 13 year old kids who are above a healthy weight. This fun and interactive program is designed to support children and their families to adopt healthy lifestyles

The Healthy Territory Kids Program runs for 9 weeks during school term. Sessions are run once a week for two hours after school.

Call 89278488 or email healthykids@healthylivingnt.org.au www.healthyterritorykids.org.au





healthy**living**NT

