

Do you have a child aged 5 - 13 and want support with building healthier habits as a family?



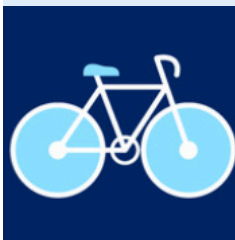
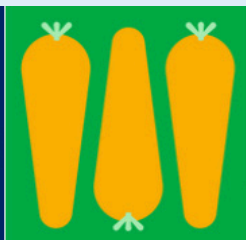
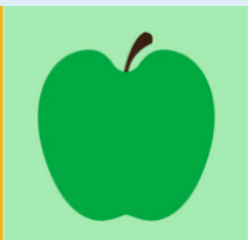
Go4Fun is:

- A **FREE** healthy lifestyle program ran by **Creative Community Concepts** in collaboration with **NSW Health**
- A **5 week** program, including interactive education sessions, activities, games and healthy snacks each week - **free** entry into pool provided for activities only
- For families who want **support with building healthy habits together**
- A fun program where families can feel comfortable to talk and learn about their health

Where: Dubbo Aquatic Leisure Centre

When: Mondays 02.11.26 - 30.11.26 **Time:** 4.00 pm - 5.30 pm

Contact: Dan Morris 0475 298 879



IMPORTANT INFORMATION REGARDING YOUR PARTICIPATION IN THIS EVENT

These activities may involve certain risks of injury. Participation is voluntary, by engaging in these activities, you do so at your own risk. Please bring appropriate footwear, hat and drink bottle.