

Good for Kids good for life



Healthy • Active • Happy • Kids

What is Go 4 Fun?

Go 4 Fun is a FREE 10 week healthy lifestyle program for kids aged 7 to 13 years run by qualified health professionals.

What does the program include?

- Nutritional information
- Support and advice
- Personal improvement
- Fun games

Where is the program run?

- Swansea
- Maitland
- Fletcher

When do programs run?

Go 4 Fun runs parallel with school terms and you can register any time. Visit the website for more details:

<https://go4fun.com.au>



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