



- A **FREE** healthy lifestyle program for 2-4 year olds and their families
- Help take the fuss out of food
- Spend time playing with your child and learn new games
- Help tame temper tantrums
- Meet other parents and families in your area and make new friends
- Learn how to read and understand food labels and ingredients (how to get children to eat a wider variety of foods)
- Take part in fun games and activities



Call (03) 5338 4500 to register

