



# PEACH Healthy Families

**Want to get your kids active and eating well?**

The **FREE** PEACH™ Online program can help.

## What is PEACH™ Online?

PEACH™ Online is a free, family-focused online program that offers parents/carers the information and support they need to make healthier lifestyle choices.

## What topics are covered?

- Healthy eating options
- Label reading
- Dealing with fussy eaters
- Reducing screen time
- Planning ahead
- Being more active as a family

## What's involved?

- An easy, over-the-phone or online enrolment process.
- Access to the online program at anytime over 6 months.
- 10 interactive sessions that can be completed at own pace.
- High-quality colour hand-book provided as a resource.
- Weekly 'live chat' sessions with a PEACH™ facilitator.
- An online parent forum.

## Who can sign up?

Families with primary school-aged children are eligible to enrol.

**REGISTER NOW.**

Free call **1800 263 519** or visit [www.peachqld.com.au](http://www.peachqld.com.au)

**Healthier. Happier.**



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