



PEACH

Healthy Families

Want to get your kids active and eating well?

The **FREE** PEACH™ program can help.

Register now at:

www.peachqld.com.au

or free call 1800 263 519

PEACH

What is PEACH™?

PEACH™ stands for 'Parenting, Eating and Activity for Child Health'.

It is a **FREE** healthy lifestyle program for Queensland families and is available state-wide.

The program focuses on:

- Nutrition and physical activity
- Working together as a family
- Empowering parents
- Helping kids gain confidence

What does it involve?

The program runs for 6 months and consists of 10 sessions.

The first 9 sessions are held weekly within a school term and run for 90 minutes each.

Support is offered through the second half of the program via phone and SMS, ending with a final face-to-face group session.

Can't attend weekly sessions or prefer an online option? Ask us about PEACH™ Online.

Who is eligible to enrol?

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

The PEACH™ program is being delivered by the Queensland University of Technology and funded by the Queensland Government.

Healthier. Happier.



'Funded by the Queensland Government'.

www.peachqld.com.au

Free call 1800 263 519