



# ACTIVE FAMILIES COAST

Active Families is a free community-based health programme that helps you and your children to get active and learn about healthy eating. Our sessions are a mix of games and healthy eating advice including:

- ✓ Free for all whanau
- ✓ Fun interactive games
- ✓ Cooking sessions
- ✓ Healthy snacks
- ✓ Spot Prizes

**WEDNESDAYS**

Orewa Sea  
Scout Hall

**4-5PM**

