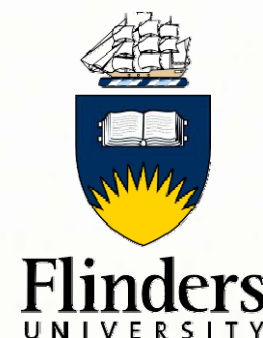


PEACH™ LIFESTYLE



Would you like your kids to eat well and be active?
Would you like to improve your family's lifestyle?

Our **FREE** online **PEACH™ Lifestyle** program can help

What is PEACH™ Lifestyle?

PEACH™ (Parenting, Eating and Activity for Child Health) Lifestyle is a **FREE** healthy lifestyle program. It is currently funded by the Channel 7 Children's Research Foundation.

PEACH™ Lifestyle provides parents with skills to

- Improve child diet;
- Increase child activity time;
- Reduce child screen time; and
- Problem solve and plan ahead to improve family lifestyle

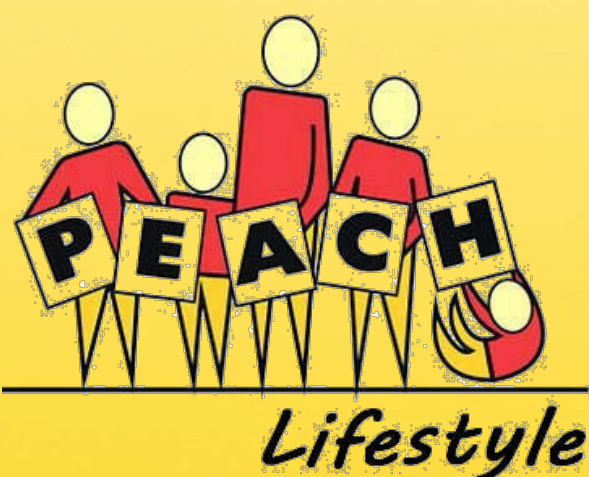
"The program was excellent and we're very grateful to have been able to participate. We can see the difference it is making"

Who is it for?

PEACH™ Lifestyle is a FREE program for families with a primary school-aged child.

What does it involve?

- Over 6 months you will:
 - Complete our short, online sessions
 - Join our 1 hour online 'Video Chat' sessions with our PEACH™ facilitator
 - Use our 'Discussion Forum' and hear from other parents
 - Complete a survey before and after the program to see what benefits your family has gained from engaging in PEACH™ Lifestyle.



CRICOS No. 00114A

Register now at:

www.peachlifestyle.com.au

or email peach.lifestyle@flinders.edu.au