

# Parental Guidance Recommended



## Is health a priority in your school/centre for 2011?

The Cancer Council WA is offering parents and staff of your school/centre a **complimentary** healthy lifestyle workshop presented by our Nutrition and Physical Activity team.

Choose from:

### **Workshop A: Healthy Eating, Healthy Behaviours**

Learn about children's needs for growth and wellbeing, eating behaviours, fussy eating and taking the mystery out of reading food labels.

*All attendees receive a free shopping guide wallet card.*

### **Workshop B: Spending Food Money Wisely**

Come and find out how a healthy diet can save you money!

### **Workshop C: Cooking and Tasting**

Showcasing a sample of quick, easy, low-cost kids lunches and snacks.

### **Workshop D: Physical Activity, Fit for Life**

Fun and easy ways to get children to enjoy being active and fit for life.

### **Supplement: Healthy Communities**

Get healthy food and activity choices in your community and schools.

\*minimum of 8 participants required for each workshop\*

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### **Expression of Interest**

School/Centre name: \_\_\_\_\_ Contact person: \_\_\_\_\_

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

Preferred form of contact: \_\_\_\_\_

How did you hear about the PGR workshops? \_\_\_\_\_

Our school would like to receive the following workshop(s) (*please tick*):

- |   |  |
|---|--|
| <input type="checkbox"/> Workshop A: Healthy Eating, Healthy Behaviours | <input type="checkbox"/> Workshop B: Spending Food Money Wisely      |
| <input type="checkbox"/> Workshop C: Cooking and Tasting                | <input type="checkbox"/> Workshop D: Physical Activity, Fit for Life |
| <input type="checkbox"/> Supplement: Healthy Communities                |  |

Possible dates (2) for workshop: \_\_\_\_/\_\_\_\_/2011 \_\_\_\_/\_\_\_\_/2011

Please fax this form to Megan Volek on **(08) 9388 4399** or call (08) 9388 4352 for further information. Schools/centres will be contacted regarding the workshops.