

# Go4Fun is coming to Lithgow

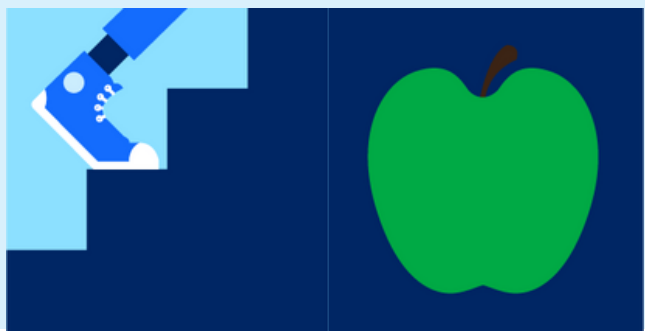
Starts 26 April 2023 | Wednesdays | 5pm to 7pm  
JM Robson Aquatic Centre | Pool program



Healthy  
active  
happy  
kids

Go4Fun is a free 10 week healthy lifestyle program for 7-13 year old children and their families to become fitter, healthier and happier!

To check your eligibility and register:  
visit, [go4fun.com.au](http://go4fun.com.au) or call 1800 780 900



# What happens at **Go4Fun** programs?

Fun games &  
activities



Build self  
confidence



Make new  
friends



Manage  
screen time



Supermarket tour



Learn about  
healthy eating  
for kids &  
family

Get Active &  
have fun



Whole of family  
approach



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