

# Penrith and St Marys Ripples

St Marys-Tuesdays | 4:30-6:30PM | Starts 15 Oct

Penrith-Wednesdays | 4:30-6:30PM | Starts 16 Oct

**REGISTER FOR 2019- call 1800 780 900**



Learn about healthy eating for the kids & family!



Fun games and activities!

For families with children aged 7-13 years who are above a healthy weight

LEARN MORE AT: [GO4FUN.COM.AU](http://GO4FUN.COM.AU)