

and

Healthy Harold at your centre!



DATE:



TIME:



COST:

Our program for
3-5 year olds will:



Support children's learning and
development for a healthy lifestyle



Engage students in play-based,
experiential experiences



Foster their health and wellbeing -
building on their mental, physical and
social foundations



Provide the knowledge and skills to help
children make informed choices to lead
a healthy and safe lifestyle



BEING
SAFE



BECOMING
HEALTHY



BELONGING &
CONNECTING

Download our free app: *Healthy Harold*,
Healthy Me and start learning with your child!



Download on the
App Store



ANDROID APP ON
Google play



Visit www.lifeeducation.org.au/preschool