

# Healthy Heroes Parent & Child Workshop



**Dear Parents/Guardians,**

You're invited to attend a Geelong Cats and GMHBA Healthy Heroes Parent and Child Workshop with Harry Taylor.

<b>When:</b> Tuesday 12th June	<b>Time:</b> 4.00pm-5.30pm	<b>Who:</b> You and your child
<b>Cost:</b> FREE event for parents and children in Grade 3/4. Places are limited	<b>Where:</b> Presidents Room, GMHBA Stadium	

The workshop is a fun, educational and engaging experience for you and your child to learn how you can lead a healthy lifestyle just like the Geelong Cats.

It will cover physical activity, healthy eating, hydration, screen time and sleep. This experience will allow parents and children to bond while providing a fun, creative and memorable experience!

### What's included?

- Healthy lifestyle tips from Geelong Cat and Healthy Heroes ambassador Harry Taylor
- 90-minute fun and interactive workshop including creating healthy snacks, mindfulness and much more
- Light refreshments
- A 'Healthy Cats Lunch Box Recipe' book
- A chance to win prizes including a family ticket (2 adults & 2 children) to a Geelong Cats home game!



**Healthy Heroes, presented by Geelong Cats and GMHBA is a program that aims to empower young people to make good choices about their health and wellbeing.**



### Healthy Heroes –Parent & Child Workshop Sign Up process

Please sign up online: <https://goo.gl/forms/GI5DqQgByU0CZwRH3>



When you sign up you'll be invited to participate in a quick 2 minute survey. Parents and carers are an important and valued part of our Geelong Cats and GMHBA community. We will be able to use the survey information to inform and evaluate our Healthy Heroes Parent & Child workshop. All information will be kept strictly confidential and your participation in the survey is greatly appreciated.

**If you have any questions, concerns or queries please email Rachel: [rbrooks@geelongcats.com.au](mailto:rbrooks@geelongcats.com.au)**

**Note: Children cannot attend the workshop without a parent or guardian.**