

# Active Healthy Kids Townsville Workshop

*How can health, education, and community organisations work together to help Townsville children and families achieve and maintain a healthy weight and active lifestyle?*

RSVP by  
29 January 2018

Healthy weight is a complex problem affecting the Townsville region—two in three of adults are overweight and obese, and close to one in three children\*.

Local Paediatrician Anne Miller, in partnership with Northern Queensland Primary Health Network invite you to attend an interactive workshop on how a 'collective social learning' approach can tackle obesity and slow the growth of lifestyle-related diseases in the Townsville community.

This workshop will consider the role that everyone can play in the preventive health system, and how we can work together to create a community which encourages kids to be active and healthy.

Active Healthy Kids Townsville workshop will bring together representatives from health, education, sports and recreation, and wider community organisations to develop a strategy to drive improving the health and wellbeing of children in the Townsville community.

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## DATE

Saturday 3 February 2018

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## TIME

Registration: 8.30 am  
Program: 9am–1pm

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## WHERE

NQPHN Townsville Office  
Level 3, Clinical Practice Building  
1 James Cook University Drive,  
JCU Townsville

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## RSVP

Registration is essential by  
Monday 29 January 2018  
P: (07) 4796 0400 or [Email](#)

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\*Chief Health Office Report, 2016

**For more information, contact:**

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