

Join Us....

YOU'RE INVITED

Dear Parents and Children,
GMHBA Healthy Heroes has a **FREE** parent event aimed at providing parents with our health and wellbeing messages. This year we are aiming our event for parents and their children who are passionate to learn more about health and wellbeing and keen to learn about the simple, yet effective ways that you can be a GMHBA Healthy Hero in supporting the growth of resilience and wellbeing in your family to **thrive**.

During this event you will engage with:

- Pre-event activities with a special appearance from Half-Cat and Clawdia.
- A Mini masterclass session with The School Lunchbox Dad – George Georgievski who has masterful tips on how to create healthy, yet appetising food for your children.
- Q and A with some of our Geelong Cats players.
- A mini resilience and wellbeing challenge to be complete by teams of parents and children.

Where: Deakin Cats Community Centre @ GMHBA Stadium

When: Thursday 22nd July, 4:15pm until 6:00pm. Healthy Hero refreshments served on arrival.

How: RSVP [Here](#) by 19th of July

HALF CAT AND CLAWDIA WANT YOU TO....

