



## Active Families - healthier together

Available for face-to-face support all through Otago.  
Support with increasing physical activity, school lunch boxes, fruit and vegetable intake, sleep routines, mindful eating.

Contact 027 406 2029 | [activefamilies@sportotago.co.nz](mailto:activefamilies@sportotago.co.nz)

Green Prescription  
**ACTIVE  
FAMILIES**  
Rongoā Kākāriki, whānau kori, whānau ora

