








Gold Coast **PARKS**

# Active & *healthy*

## 2010 Children's Health & Wellbeing Expo

### Free outdoor activities

Time	Activity	Company
10am to 12noon	Parachute games, skipping, hula hooping, and lots more!	 <a href="http://www.childrensfitnesscentre.com.au">www.childrensfitnesscentre.com.au</a>
10am to 3pm	Jumping Castle	 <a href="http://www.thefunteam.com.au">www.thefunteam.com.au</a>
10am	Free trees Take home a tree until they are all gone, so be quick.	  <i>CityWide Greening</i> <a href="http://www.gcparks.com.au">www.gcparks.com.au</a>
10am to 3pm	Life Ed Van	 FOR A SAFER, SMARTER LIFE. <a href="http://www.lifeeducation.org.au">www.lifeeducation.org.au</a>



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10am to 3pm	Ride on toys!	 <a href="http://www.kowboykids.com.au">www.kowboykids.com.au</a>
10am to 3pm	Composting / worm farm workshops	 Waste Management
10am to 3pm	Larry the Lifeguard Giveaways	 Lifeguard Education
11am to 3pm	Games and Fitness	 <a href="http://www.lifebeinitfunworks.com.au">www.lifebeinitfunworks.com.au</a>
12.30 to 2.30pm	Drumming Workshop	 <a href="http://www.threeworlds.com.au">www.threeworlds.com.au</a>
11am to 2pm	BBQ and Cold Drinks	
12.45 to 1.30pm	Belly Dancing Workshop	 Blue Waters of the Nile Belly Dance

