








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! |  www.childrensfitnesscentre.com.au |
| 10am to 3pm | Jumping Castle |  www.thefunteam.com.au |
| 10am | Free trees Take home a tree until they are all gone, so be quick. |   <i>CityWide Greening</i> www.gcparks.com.au |
| 10am to 3pm | Life Ed Van |  FOR A SAFER, SMARTER LIFE. www.lifeeducation.org.au |



Gold Coast PARKS

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|-----------------|----------------------------------|--|
| 10am to 3pm | Ride on toys! |  <p>www.kowboykids.com.au</p> |
| 10am to 3pm | Composting / worm farm workshops |  Gold Coast City Council <i>Waste Management</i> |
| 10am to 3pm | Larry the Lifeguard Giveaways |  Gold Coast City Council <i>Lifeguard Education</i> |
| 11am to 3pm | Games and Fitness |  <p>www.lifebeinitfunworks.com.au</p> |
| 12.30 to 2.30pm | Drumming Workshop |  <p>www.threeworlds.com.au</p> |
| 11am to 2pm | BBQ and Cold Drinks |  |
| 12.45 to 1.30pm | Belly Dancing Workshop |  <p>Blue Waters of the Nile Belly Dance</p> |

