

# Investing in Deception Bay's Children



## Get Your Body Back Program

**Get Your Body Back** physical fitness activities keep carers and children active together at a time when new mums are vulnerable to isolation and post-natal depression. Get Your Body Back is affordable and accessible to all families. Classes increase self-confidence and positive body image, good relationships between carers and children and improved child development. Get Your Body Back activities include Kindy Gym, Kindy Soccer, Pram Walks and Bootkidz.

### *Our Dream For The Future*

\* That the PCYC can continue to offer **high quality, affordable, Early Childhood group fitness programs** in Deception Bay when Australian Government funding ends in 2009.

### *How This Program Supports Our Community*

- \* *Get Your Body Back provides an excellent social networking opportunity for mothers with young children.*
- \* *Get Your Body Back improves children's coordination, physical and brain development.*
- \* *Get Your Body Back creates stronger bonds in the family and reduces post-natal depression.*
- \* *Get Your Body Back provides families of Deception Bay with access to low cost exercise activities.*
- \* *Get Your Body Back fills the gap for Early Childhood Team Sports for the first time.*

## Investing in our children's future

Our Children need your support to maintain this quality program. Corporate sponsor packages are available and provide many great benefits to your organisation as a sponsor. We welcome all donations, no amount is too small to help.

Unable to provide Corporate Sponsorship?  
How about making a small donation as follows:

- \$50** Deliver a group fitness class for 10 families for 1 hour
- \$120** Help a toddler to access pram walking activities by purchasing a tricycle
- \$200** Help a family to access pram walking activities by purchasing a pram
- \$350** Deliver a group fitness program for 70 families for 1 week
- \$500** Purchase new Early Childhood exercise and play equipment
- \$550** Provide 10 eligible families PCYC membership for 1 year



## Further Information

For further information on how you can make a donation or become a corporate sponsor of this program or other similar programs for children in Deception Bay please contact:

The Deception Bay Child and Family Alliance

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