

MEND

the FREE fun programme for kids to become fitter, healthier and happier



Do you have children
7 to 13 years old?

Are you worried they might be
unhealthy or even overweight?

Find out about other children having
fun on the MEND Programme

MEND is a lifestyle change programme
which helps get kids on the road to being
fit and healthy in 10 weeks,
and helps them stay that way!

www.mendprogramme.org

"MEND - Mind, Exercise, Nutrition"

Do it!



How do I know if I qualify?

Although there is no cost to attend
the programme we will need to assess
whether your child's qualifies based on
their age, weight and health

*'MEND has been an absolute
lifesaver - I was literally at my wits
end, worrying what else I could do
to improve her health and well
being'*

- quote from parent Nov 08

What happens on the MEND Programme?

Programme highlights include:

- **Weekly games activities**
- **Learning that being active can be a lot of fun**
- **Fun, interactive discussions that will teach you easy effective ways to improve your child's behaviour and improve his/her self confidence**
- **Practical demonstrations, games and tips about healthy foods, label reading and portion sizes.**
- **Supermarket Tour with Food Advisors**
- **We show families how to make lasting changes to their eating and activity with clever techniques that they can practice at home.**

BEBINGTON HIGH SPORTS COLLEGE

Tues 4.00 – 6.00 & Thurs 5.00 – 7.00

(starting Tues 20th Jan 09)

Please note MEND requires at least one parent or adult carer to attend each session, as the programme aims to improve the entire family's eating and exercise habits.

Places are limited so to see whether your child qualifies, or for further information, please call **Geraldine Eagle, Programme Manager** –

– 0151 648 2111 x304 or visit the website

www.mendprogramme.org

