

FREE FUN programme for kids and their families to become Fitter, Healthier and Happier

- Do you have children 7-13 years old?
- Are you worried they might be above their idealweight?

**Then call the HEALTH IMPROVEMENT TEAM
on 01782 298179/ or 298057
and join your local MEND programme
(Programmes running throughout the year)**

MEND is a **FREE** 10 week programme that works with kids and their families to identify practical steps towards family health and fitness

Sessions include:

- Fun interactive activities to encourage healthy behaviour and develop self confidence
- Practical demonstrations, games and tips about healthy eating, label reading and portion sizes
- A fun supermarket tour and a chance to try delicious foods
- And much more...

Find out about other children having fun on the MEND programme

www.mendprogramme.org



Start Date/Times	Venue	Contact
Tuesday & Thursday 15 September – 19 November 2009 5pm to 7pm	Golden Hill Adult & Youth Centre Heathside Lane Goldenhill, ST6 5QS	Yasar Riaz Health Improvement 01782 298057
Tuesday & Saturday 21 April – 30 June 2009 Tuesday 5pm to 7pm Saturday 10am to 12pm	Meir Community & Education Centre Pickford Place Meir, ST3 7DY	Sue Marshall Health Improvement 01782 298179
Monday & Tuesday 5 October – December 2009 5.00pm – 7.00pm	Port Vale Football Club Hamil Road Burslem, ST6 9LH	Judy Crabb FSC 01782 831900