

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 ideal weight?

**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



**change
4 life**
Eat well Move more Live longer

Start Date/Times	Venue	Contact
Tuesday & Thursday 26 January – 1 April 2010 5pm to 7pm	Goldenhill Adult Youth Centre Heathside Lane Goldenhill, ST6 5QS	Yasar Riaz Health Improvement 01782 298057
Tuesday & Saturday 19 January – 27 March 2010 Tuesday 5pm to 7pm Saturday 10am to 12 noon	Meir Community & Education Centre Pickford Place Meir, ST3 7DY	Sue Marshall Health Improvement 01782 298179
TBC 5pm to 7pm	Port Vale Football Club Hamil Road Burslem, ST3 7DY	Judy Crabb FSC 01782 831900