

MEND - Mind, Exercise, Nutrition... Do It!

Welcome to MEND: A fun, free healthy lifestyle program.



What is MEND?

MEND empowers children and families to become fitter and healthier. This free program is fun and interactive and supports 7-13 year old children and their families to adopt a healthy lifestyle.

Who can participate?

MEND 7-13 is for children 7-13 year olds who are interested in increasing their physical activity levels and learning more about healthy lifestyle habits (Nutrition, Goal Setting, ext).

What happens at the MEND program?

- ♥ Parents/caregivers join their children in each session to learn about how to choose healthier foods and spend more time being physically active.
- ♥ Twice-weekly sessions are a mix of family activities where we show you how small changes can make a big difference.
- ♥ Practical demonstrations, games and tips about healthy foods, label reading and portion sizes.
- ♥ Fun physical activity sessions for the kids in a non-judgmental environment.
- ♥ **Participating families will receive free passes to Saanich Recreation Centres**

Program Information

Location: **Gordon Head Middle School 1671 Kenmore rd.**

Dates: **April 6th - June 15th, 2016**

Days and Times: **Wednesday 6:00 to 8:00pm and Saturdays 12:00 to 2:00pm (must attend both)**

How to register for the MEND program?

Registration is limited, so register today to make sure you don't miss out!

For more information call **250-475-5494 ext 3424** or email jason.gray@saanich.ca

