



Introducing MEND in your area

What is MEND?

HOW HAVE WE HELPED 35,000 OTHER FAMILIES GET FITTER, HEALTHIER AND HAPPIER? THE CLUE'S IN OUR NAME.

MIND

We help you think about your family's daily habits and find easy ways to make them healthier.

EXERCISE

But not as you know it! Kids play fun active games and we show you how to fit more activity into everyday life.

NUTRITION

Discover things you never knew about food – it's amazing how small changes can make a big difference.

...DO IT!

Even when you know what's good for you, doing it is the hard bit. We'll support you to make healthy changes that last a lifetime.



Is MEND for you and your family?

IS YOUR CHILD A HEALTHY WEIGHT?

Lots of parents don't realise their child is overweight – but 1 in 3 kids are (that's 10 in every class). Check if your child is a healthy weight at mendcentral.org/bmicalculator or call our friendly team.

Because of the way we're funded, we can only offer MEND places to children above a healthy weight.

How you can find out more or book one of our FREE places?

Web: www.mendcentral.org

Phone: 0800 230 0263



<http://www.youtube.com/watch?v=0OEDF68y8o>



@mendprogramme



MEND Programme



Introducing your MEND programme

Your MEND delivery team



Chloe

Nutrition Leader



Leanne

Mind Leader



Martin

Exercise Leader



Bobby Hewitson

Programme Manager

Tel: 01207 218872

Email: b.hewitson@leisureworks.net

We look forward to meeting you on
**24/9/13, 6.00 p.m. at The Louisa
Centre, Stanley.**

What other MEND parents have said

"WHERE ELSE DO YOU GET THE
OPPORTUNITY TO LEARN
ABOUT HEALTHY EATING AND SWAP
IDEAS WITH OTHER PARENTS?"

NATALIE, PARENT

"I THINK IF YOU'RE **LUCKY** ENOUGH
TO HAVE THE **OPPORTUNITY** TO GO
ON THE **PROGRAMME**, YOU SHOULD
REALLY JUMP AT THE CHANCE. THE
DIFFERENCE IN LOUIS IN JUST OVER
TWO MONTHS IS **INCREDIBLE**. I FEEL
LIKE I'VE GOT MY BOY BACK."

KAREN, PARENT