

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

Do you have children aged 7 to 13 years old?

Are you worried they might be unhealthy or even overweight?

Then call Manchester Community Health on 0161 205 4796

and join the MEND programme!

The MEND Programme gets kids healthy and fit in only 10 weeks —
and helps them stay that way!

Find out about other children having fun on the MEND Programme
www.mendprogramme.org

What happens on the MEND Programme?

The programme consists of 18 sessions (twice a week for 2 hours/session).

Programme highlights include:

- ⇒ Weekly games, activities and swimming for kids.
- ⇒ 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.

There is even a fun supermarket tour and a chance to try delicious new foods!

Please note: A Parent/ Guardian must attend all sessions with the child.

Brothers and Sisters are also welcome.

PROGRAMME DETAILS

WHERE: A number of venues across Manchester.

How do I know if I qualify?

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

Places on the programme are limited, so ring today and make sure you don't miss out!

Call the MEND Team on **0161 205 4796** to see whether your child qualifies and to get more details on how to register.

Ring 0161 205 4796 to find out where your nearest MEND Programme is taking place and to find out the start dates.

The MEND Programme will be run and supervised by qualified MEND Trainers.

MEND is both evidence-based and outcome-driven and is currently being researched in the form of a Randomised Control Trial at the Institute of Child Health in London.

MEND Central Ltd.

