

mend: where families get fit and healthy for free

mend is a fun, free 10-week programme for children and parents

- ♥ Being healthy isn't just down to one person it's for the whole family
- ♥ Join us and find out how to eat more healthily and get more active
- ♥ Learn from mend leaders and each other in an open, supportive environment
- ♥ Make friends and share your experiences.



"It's amazing how such SMALL CHANGES have made such a HUGE DIFFERENCE to our family life."

Debbie Clayton,
mend Mum



If you think your child is over a healthy weight, book your place today on **0800 230 0263** or email info@mendcentral.org

Starting soon at:

Banwell School, West Street, Banwell – please contact Mrs Arnold 01934 854 064

Broadoak College, Windwhistle Road, Weston-super-Mare – please contact Ms Blythe 01934 422 000

Backwell School, Station Road, Backwell – please contact Ms Davis 01275 465 942



mend

AGES 7-13

mendcentral.org