

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

Do you have children
7 to 13 years old?

Are you worried they might be
unhealthy or even overweight?

Then call us on 0870 609 1405 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

PLACES ON THE PROGRAMME
ARE LIMITED, SO RING TODAY AND MAKE
SURE YOU DON'T MISS OUT!

Call the MEND team on 0870 609 1405 to see
whether your child qualifies and to get more
details on how to register.

For further information on other MEND
programme venues and dates call the
Obesity Prevention Team (OPTeam), NHS
Bradford and Airedale Community Health
Services on 01274 202802

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!

PROGRAMME DETAILS

WHERE: The Holy Family Catholic School, Keighley

DATES: Starting 9th May 2009 till 15th July 2009

TIMES: Saturday 10am - 12 noon & Wednesday 5 - 7pm

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.

