



## 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 **01904 553 440** 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](http://www.mendprogramme.org)



# mend it!

This 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 Randomized Control Trial at the Institute of Child Health in London.

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