



FREE

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

Do you have children 7-13 years old?

Are you worried they might be unhealthy
or even overweight?

If so, then please contact Middlesbrough, Redcar
and Cleveland Health Improvement Service
on 01642 777845 for more details about
the MEND programme.



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

One parent/guardian **MUST** attend the programme
twice weekly with their child.



What happens on the MEND Programme?

The Programme consists of 20 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.

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!**

Programme Details

WHERE

MEND programmes are available at:

- Saltburn Leisure Centre
- Eston Sports Academy
- Southlands Leisure Centre
- Neptune

WHEN

For information about when and where the next MEND programme will be delivered, please contact Middlesbrough, Redcar and Cleveland Health Improvement Service:

Call: **01642 777845**

Or log onto: www.mendprogramme.org

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

www.mendprogramme.org

