

FREE After School Club in your local area...



MEND (Mind, Exercise, Nutrition... Do it!)

Dear Parent/Guardian,



We'd like to tell you about MEND (Mind, Exercise, Nutrition...Do it!), an exciting opportunity for families who want to be more active and learn about healthy eating.

What kinds of things do we learn about on MEND?

- Reading and understanding food labels
- How much fat and sugar is in our food?
- Kids get more active with our fun exercise sessions
- Cooking on a budget
- What is the right sized portion for our family?
- Fussy eating and much, much more...



Children also get a free t-shirt, water bottle, bag and folder with tips to help the whole family become fitter, healthier and happier!

Please note a parent or carer (e.g. grandparent, aunt/uncle, child-minder etc.) must accompany the child to every session. Other siblings above the age of 5yrs welcome to join us too if they are supportive. Each place on a MEND programme is worth £400 but thanks to funding from Public Health Wales and Families First, it is FREE for you and your family. So if you are concerned that your child might be above a healthy weight then call today.

Programme details commencing January 2015:

Ages	Venue
5-7	Baden Powell Primary School, Cardiff Mondays 4-5.30pm starts 12th Jan 2015
7-13	Western Leisure Centre, Ely - Wednesday and Friday 4.45-6.45pm starts 21st Jan 2015 East Cardiff Programme dates and venue to be confirmed Barry Island Community Centre, Friars Road – Tuesday and Wednesday 4.30-6.30pm starts 20th Jan 2015

It's FREE and FUN for 10 Weeks

***** For the Baden Powell programme you do not have to be a pupil at the school to attend. So call our team today for your free space!*****

To book onto the MEND programme you can either:-

Freephone: 0800 230 0263 or call our local team on 02920907699

OR email nutrition.skillsforlife.cav@wales.nhs.uk

To check your child's weight with a BMI calculator visit and to register visit - www.mendcentral.org

