



"I did **mend**
and **LOVED IT!**
I've got loads
more **ENERGY**
now and I'm
so much more
CONFIDENT."

JOSH
aged 12

Check out **Josh's blog** at
mendcentral.org/blog

mend: where families **get fit and** **healthy for free**

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

If you think your child is over a healthy weight, book your place

This programme is for 5 to 7 year olds, at Baden Powell Primary School starting on the 12th Jan 2015. Monday 4-5.30pm (you do not have to be a pupil at the school to attend). Book your place today, don't miss out!

Telephone number - 02920 907699

Email - Nutrition.Skillsforlife.cav@wales.nhs.uk

Alternatively you can register on the MEND website - www.mendprogramme.org



GIG
CYMRU
NHS
WALES
Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board



GIG
CYMRU
NHS
WALES
Iechyd Cyhoeddus
Cymru
Public Health
Wales