



"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](http://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 7 to 13 year olds, at Western Leisure Centre, Ely on  
Wednesdays and Fridays 4.45-6.45pm starting 21<sup>st</sup> Jan 2015.

Book your place today, don't miss out!

Telephone number - 02920 907699

Email - [Nutrition.Skillsforlife.cav@wales.nhs.uk](mailto:Nutrition.Skillsforlife.cav@wales.nhs.uk)

Alternatively you can register on the MEND website - [www.mendprogramme.org](http://www.mendprogramme.org)



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