



mend

Make new friends, get
in shape and have fun...



JOIN NOW!
Classes begin March 30th
For more information
Call 719-329-7291

Find out how to be fitter, healthier and happier.
www.mendfoundation.org

FREE fun sessions for 7-13 year olds who are
above their ideal weight, and their parents.

WHERE: Southeast Family Center YMCA
CONTACT: 719-329-7291



“The MEND 7-13 Program was fun and I met tons of nice people. I feel more confident about myself now and I like eating healthy food with my family.” - Angela, age 12

Why join the MEND 7-13 Program?

- **FREE** healthy living program to help 7-13 year olds and their families lead healthier lives
- **Make new friends**
- **Feel more confident and boost self esteem**
- **Get in shape playing fun games**
- **Set goals to reach and maintain a healthy weight**
- **Learn how to cook tasty and healthy meals**
- **Turn conflict around food into family fun**

ESPAÑOL: MEND es un programa de 10 semanas que utiliza técnicas desarrollados por expertos de salud para ayudar a niños entre 7 y 13 años que pesan más que su peso ideal. Niños y padres aprenden como estar en forma y saludable con resultados duraderos. Los niños tienen que hablar ingles y es preferido que los padres tengan conocimiento práctico de Ingles. El programa será presentado en Ingles. Materiales disponibles en español.



Register today
Call us at 719-329-7291

