

MEND

What is MEND?

MEND is a FREE and fun program that empowers families with children aged 7-13 who are above healthy weight to become healthier by participating in twice weekly sessions focused on healthy meal planning, goal setting and physical activity. More play, less screen time, and improved self-esteem are some of the many benefits of MEND.

What to Expect

- Parents/Caregivers join their children in each session to learn how to choose healthier foods.
- Families participate in practical demonstrations and games that offer tips about healthy eating, label reading and portion sizes
- Physical activity sessions focus on having fun, learning new skills and being active as a family
- Trained leader show how small changes in lifestyle can make a big difference in the whole family's health
- Upon completion of the program families receive recreational credits



More



Better



**Next Program starts April 11th
Tue. & Thur. 6-8pm**

To register,

Contact: mend@burnaby.ca

or call

604-415-3559.



burnaby.ca/active