



# Fun program for kids to become fitter, healthier and happier!

Do you have children  
7 to 13 years old?

Are you worried they might be  
unhealthy or even overweight?

Then call us on **5338 4500** and join  
the MEND Program!

The MEND Program gets kids  
healthy and fit in only 10 weeks -  
and helps them stay that way!

Find out about other children having  
fun on the MEND Program  
[www.mendprogramme.org](http://www.mendprogramme.org)

## What happens on the MEND Program?

The Program consists of 20 sessions  
(twice a week for 2 hours/session).

Program highlights include:

- Weekly games, activities and swimming for kids.
- Learning that being active can be a lot of fun!
- Fun, interactive discussions that will teach you easy, effective ways to improve your child's behaviour and improve his/her self-confidence.
- Practical demonstrations, games and tips about healthy foods, label reading and portion sizes

There is even a fun supermarket tour and a chance  
to try delicious new foods!

### PROGRAM DETAILS

**WHERE:** Please contact Ballarat Community Health

**DATES:** on 5338 4500 for further details

**TIMES:**

PLACES ON THE PROGRAM  
ARE LIMITED, SO RING TODAY AND MAKE  
SURE YOU DON'T MISS OUT!

Call the MEND team on **5338 4500** to see  
whether your child qualifies and to get more  
details on how to register.

### How do I know if I qualify?

We will need to assess whether your child  
qualifies based on their age, weight and health.



## mend it!

This MEND Program will be run and supervised by qualified MEND Trainers. MEND is both evidence-based and outcome-driven, and is currently being researched in the form of a Randomized Control Trial at the Institute of Child Health in London.  
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