



LOTTERY FUNDED

mend

# FREE fun programme for kids to become fitter, healthier and happier!

Do you have children 8 to 13 years old?  
Are you worried they might be unhealthy or even overweight?

Then call us to join the MEND Programme!

The MEND Programme 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 Programme [www.mendprogramme.org](http://www.mendprogramme.org)

10 week course starts January 2010,  
Tuesday & Thursdays 5.00pm-7.00pm



DCL24324

## Contact 02380 684800 to book today



Operated by DC Leisure Ltd on behalf of Eastleigh Borough Council

100% recycled paper NAPM approved