



mend

Make new friends,
get fit and have fun . . .



JOIN NOW!
Places are limited
so call today on
01225 762711
or e-mail
info@mendcentral.org

Find out how to be fitter, healthier and happier.

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

4pm - 6pm Tuesdays at Trowbridge Sports Centre
and Thursdays at Castle Place Leisure Centre



DC Leisure Management Ltd working in partnership with Wiltshire Council

“The MEND Programme was fun and I met lots of nice people. I feel more confident about myself now and I like eating healthy food with my family.” – *Angela, aged 12*



Why join the MEND Programme?

- FREE healthy living programme to help 7-13 year olds and their families lead healthier lives
- Make new friends
- Feel more confident and boost self esteem
- Get fit 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

Register today

Call us on 01225 762711

Visit us at www.mendcentral.org

JOIN NOW by contacting Richard Latham on **07941 591741** or email richardlatham@dcleisure.co.uk