

## MEND – Register Now

The City of Fort St John is one of only a handful of cities in the province offering a new program called **MEND** - Mind, Exercise, Nutrition, Do it!

**MEND** is a fun, FREE 10 week program for families with 7-13 year olds. The program supports families to live a healthy lifestyle. Groups of up to 15 children, accompanied by at least one parent or caregiver meet with program leaders twice a week for ten weeks. The first hour is an interactive family session on nutrition and behaviour topics, followed by one hour of fun exercise for the children, while parents and caregivers meet for support and discussion on topics such as goals and rewards, label reading and problem solving.

MEND is about empowering children and their families, not a weight loss program and uses a practical interactive learning approach to teach children and parents skills for healthy living.

MEND was developed and tested by some of the UK's leading experts in child nutrition, child behaviour and exercise. In 2011, MEND was adapted to align with Canadian dietary and policy guidelines.

We will be hosting an open house for those interested in more information on December 15, 2015 at the Pomeroy Sport Centre West Meeting Room from 6 – 7 pm.

The program starts in January 2016 and will take place at the Pomeroy Sport Centre on Mondays and Wednesdays from 6 pm to 8 pm.

For more information or to register, please contact the **MEND** Team at [rharvey@fortstjohn.ca](mailto:rharvey@fortstjohn.ca) or call 250.787.5785.

