



MEND

MIND, EXERCISE, NUTRITION, DO IT!

Family Focused

This program is designed to educate children ages 7-13 and their families (at least one caregiver must attend with child) to lead and sustain fitter, healthier, happier lives through education and support.

Fun, Fitness and Food

Bi-weekly sessions rich with hands-on nutrition education, parental support and fun, engaging, all-inclusive physical activity.

Practical Guidance

Join us for usable tools real families can begin implementing in their own households immediately. We will even take a grocery store tour and apply our MEND knowledge in an actual retail setting.

When & Where?

MEND is a 10-week program that meets twice per week. We work with our partners at CC Parks & Rec to host the MEND program at their facilities throughout the county.

Launching this fall...Sept. 24-November 28

THIS FALL
September
24th-
November
28th
(No class on
Thanksgiving
11/21)



Dinner
provided at
every session!!



CALL FOR MORE INFORMATION

301-609-6622