



mind, exercise, nutrition, do it!

it's free, fun and designed to make your family fitter, healthier and happier



Do you have children aged 7 to 13 years old?
Do you want your child to have a healthier lifestyle?

With just 10 weeks on a MEND programme you can make small changes that make a big difference!

Programme Details:

Sept 2010, 5pm - 7pm •
Llangatwg Community School, Neath

Programme Details:

Sept 2010, 5pm - 7pm •
Dyffryn Upper Comprehensive School, Port Talbot



for more information or to enrol on your nearest mend programme contact maria edwards, programme manager on:

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www.mendprogramme.org

