



# 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.

Dinner  
provided at  
every session!!



**CALL FOR MORE  
INFORMATION**

**301-609-6622**