GETTING HEALTHY MAKES ALL THE DIFFERENCE

Classes are for kids ages 7-13 and their parents/guardians

JOIN MEND
THE HEALTHY LIFESTYLE PROGRAM WHERE CHILDREN AND THEIR FAMILIES GET FITTER, HEALTHIER AND HAPPIER
Give your family a little more healthiness and happiness with a program that's proven to work.

Learn things you never knew about food.

Kids love our active games (even if they don't like PE!)

Share tips and challenges with other parents.

Find out how small changes can make a big difference.

Join MEND where 35,000 other families have gotten fitter, healthier and happier.

Is your child a healthy weight?

Lots of parents don’t realize their child is overweight – but 1 in 3 kids are (that’s roughly 10 in every class).

To find out more:

Call Elana Needle - elana.needle@mendfoundation.org or 201-248-9724

Info www.mendfoundation.org - locations statewide