



# MIND, EXERCISE, NUTRITION...DO IT!

**FREE** fun  
programme  
for kids to  
become  
fitter,  
healthier  
and  
happier!

## Who is it for?

The Programme is for children aged 7-13 that are worried they might be overweight.

## What happens on the Programme?

The MEND Programme is made up of 20 sessions. Each session includes one hour of interactive workshop for children and parents, and one hour of exercise for the children whilst parents have an adult discussion.

## When and where does it run?

Blyth Sports Centre every Monday & Wednesday

5.00pm-7.00pm from February 2nd 2009

Concordia Leisure Centre every Tuesday & Thursday

4.00pm-6.00pm from February 10th 2009

## How do I find out more?

Please contact Elaine Upson, Public Health Nurse  
on (01670) 394516

or Jane Pledger (BVAL)

at [jpledger@blythvalley.co.uk](mailto:jpledger@blythvalley.co.uk)

and visit [www.mendprogramme.org](http://www.mendprogramme.org)



BLYTH VALLEY  
ARTS & LEISURE

Northumberland

Care Trust



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4 life  
Eat well Move more Live longer