

Do you have a child ages 2 to 4 years?

FREE!

FREE!

MEND

AGES 2 - 4



FREE!

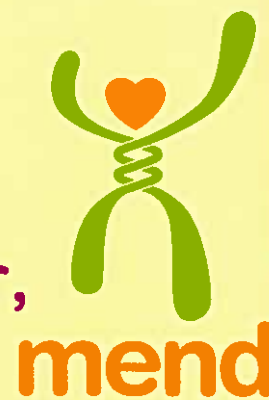
FREE!



A FREE healthy lifestyle program for children ages 2 to 4 years and their families



10 sessions of fun family activities information and active play to help you and your children lead fitter, happier, healthier lives!



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College of Kinesiology

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- A **FREE** healthy lifestyle program for children ages 2 to 4 years and their families
- Spend time playing with your child and learn new games
- Learn fun ways to introduce new foods and add variety
- Learn how to read and understand food labels and ingredients
- Learn ways to deal with challenging behaviours
- Meet other parents and families in your area
- Learn how to set goals to encourage healthy behaviours
- Take part in parent discussions while your child plays ★
- Check out the MEND programs for 5 to 7 and 7 to 13 years