



Mind, Exercise, Nutrition, Do It!

Empowering children and families to live fitter, healthier, and happier lives.

We all want healthy kids!

Register now in our 8-week **MEND** program designed for children aged 7-13 and their parents or caregivers!

Sessions include:

- ✓ Fun activities for children
- ✓ Learn about nutrition & healthier food choices
- ✓ Practical demonstrations & tips about healthy foods and reducing screen time
- ✓ Label reading & portions sizes

Visit MENDSK.ca to register now!

Dates: October 12, 2017 - December 7, 2017 (*Cancelled Oct 31*)

Time: 6:00 pm -8:00 pm (*Tuesdays and Thursdays*)

Location: All Saints School (*2180 Woodrow Lloyd Pl.*)

Email: mend@usask.ca

Call Toll-free: 1-844-899-6363



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