



## 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

All Saints School – 2180 Woodrow Lloyd Pl  
Tuesdays & Thursdays 6:30-8:30pm  
March 14 – May 11, 2017 (cancelled April 18<sup>th</sup> & 20<sup>th</sup>)

Visit [MENDSK.ca](http://MENDSK.ca) to register now!

Email: [mend@usask.ca](mailto:mend@usask.ca)

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



UNIVERSITY OF SASKATCHEWAN  
College of Kinesiology  
KINESIOLOGY.USASK.CA

