

MEND 5-7

HEALTHY LIFESTYLE PROGRAMME



FREE

Looking for a fun healthy lifestyle programme for you and your child aged 5-7 years?

Register onto one of our local programmes today!

FREE Programme!
Tree Tops Academy,
Brishing Lane, Maidstone,
ME15 9EZ
Tuesdays 15:30 – 17:00
9th October for 10 weeks
Call 0203 795 9346 to book

mytimeactive
Feel amazing!



WELCOME TO MEND 5-7

A FREE healthy lifestyle programme for 5-7 year olds and their families, with 10 sessions of fun, games and activities to help you and your family become fitter, healthier and happier.



Introducing...
the Superdudes!



- Be active and learn fun ways to play together
- Develop healthy habits as a family
- Learn how to set goals and rewards to encourage healthy behaviour
- Take early action to avoid later problems with your child's weight
- Learn how to manage temper tantrums



Places are limited - to register or to find out more information:

Visit: www.mytimeactive.co.uk/mend

Email: info@mytimeactive.co.uk / Call: 0208 323 1725

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