

# MEND 7-13

## HEALTHY LIFESTYLE PROGRAMME



**FREE**

**FREE Programme!**  
Tree Tops Academy,  
Brishing Lane, Maidstone,  
ME15 9EZ  
Wednesdays 15:30 – 17:30  
10<sup>th</sup> October for 12 weeks  
**Call 0203 795 9346 to book**

Looking for a fun healthy lifestyle programme for you and your child aged 7-13 years?

Register onto one of our local programmes today!

mytimeactive  
*Feel amazing!*



# WELCOME TO MEND 7-13

A FREE healthy lifestyle programme for 7-13 year olds and their families, with 12 sessions of fun, games and activities to help you and your family become fitter, healthier and happier.



"It's amazing how such **SMALL** **CHANGES** have made such a **HUGE DIFFERENCE** to our family life."

Debbie,  
MEND Mum

- Become a MEND detective and find out what's really hiding in your food
- Have fun and make friends while you get fit
- Learn from each other in an open, supportive environment

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

Visit: [www.mytimeactive.co.uk/mend](http://www.mytimeactive.co.uk/mend)

Email: [info@mytimeactive.co.uk](mailto:info@mytimeactive.co.uk) / Call: 0208 323 1725

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