

More



Fewer



Better



Join MEND!

MEND is a FREE and fun program that empowers families with children aged 7-13 who are above a healthy weight to become healthier by participating in twice-weekly sessions focused on healthy meal planning, goal setting and physical activity. More play, less screen time, and improved self-esteem are some of the many benefits of MEND.

For more information and how to enroll go to www.bchealthykids.ca

Our next session:
January 19th, 2017 - March 11, 2017

When:
Thursdays 6:00 PM to 8:00 PM and
Saturdays 10:30 AM to 12:30 PM

Where:
Neighborhood Learning Centre
46361 Yale Road, Chilliwack BC

How to Register:
E-mail chilliwack.mend@gv.ymca.ca
or call 604-701-4978 EXT 6043



Promoting Healthy Weights
Through Healthy Living

