

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 begins on January 19th, 2017 - March 11, 2017

Where: Neighbourhood Learning Centre (46361 Yale Road, Chilliwack, BC)

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

How to Register: Contact us at mend.chilliwack@gv.ymca.ca or 604-701-4978 ext. 6043



Promoting Healthy Weights Through Healthy Living

