



FREE fun programme for kids to become fitter, healthier and happier!

Registration for the MEND Programme

TERM FOUR 2011 – Nelson, 25 October – 22 December

Name Parent/Caregiver	
Name of child	
Age and date of birth of child	
Address	
Daytime contact phone number	
Other relevant information e.g. medical conditions	
Name and contact phone number of referrer	

Fax: To: Nelson Bays Primary Health: 03 539-4958

Post: MEND Programme
Nelson Bays Primary Health
PO Box 1776
Nelson 7040

Or you can ring us on 03 539-1170 and we can take telephone registrations.

The next step is that we will contact you to assess whether your child qualifies for the MEND programme based on their age, weight and health.

This form can be completed by a health professional, social worker, whānau worker, teacher or by a parent/caregiver.





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Do you have a child between 7 and 13 years old?

Are you concerned about his/her health and weight?

The MEND Programme gets kids healthy and fit in only 9 weeks - and helps them stay that way!

**The Programme consists of 18 sessions (twice a week for 2 hours/session).
A parent/carer attends the programme together with their child**

Programme highlights include:

- Games and activities for kids and learning that being active can be a lot of fun!
- Fun, interactive discussions with other parents/carers that will teach you easy, effective ways to improve your child's nutrition and improve his/her confidence.
- Practical demonstrations, games and tips about healthy foods, label reading and portion sizes.
- A Supermarket Tour and tastings of delicious healthy foods.



PLACES ON THE PROGRAMME ARE LIMITED,

**So contact us today and find out whether your child qualifies for the programme.
See overleaf for registration details.**

MEND facilitators are qualified dietitians and exercise providers.

mend it!



PROGRAMME DETAILS:

Term Four 2011: Saxton Field Nelson – start date 25 October

Day and Time: Every Tuesday and Thursday 3.30 pm – 5.30 pm

