



*Join* **MEND!**

Promoting Healthy Weights  
Through Healthy Living

## **MEND 7-13yrs**

### ***Mind, Exercise, Nutrition... Do it!***

Being active and eating healthy can be fun! At MEND families learn tricks, tips and life hacks that will help your family get fit and healthy together! Children participate in physical activity and parents have time to swap strategies. Program graduates receive an awesome package of free recreation services.

Find out if MEND is right for your family.  
Contact Tracy at 604-983-6401 or [wakalukt@nvrc.ca](mailto:wakalukt@nvrc.ca).  
For more information: [www.nvrc.ca/mend](http://www.nvrc.ca/mend)

**Programs begin October 2016 and January 2017**  
**Thursdays 6:15-8:15pm and Sundays 9:30-11:30am**  
**Karen Magnussen Recreation Centre**



**NORTH VANCOUVER**  
**Recreation**  
**& Culture**