

Community Education Service

Introduction to **MEND**

Presented by: Joleen Teske
MEND Program Coordinator

October 24, 2017

5:00 - 6:00 pm

Sign in: 4:45 pm

Bowness Parent Link

7930 Bowness Road,
(above the **old** Bowness Library)

Session is FREE
of charge/
Parking fees
may apply

Register: <http://fcrc.ahs.ca/ces/>

For more information: email ces@ahs.ca or call (403) 955-4747

MEND is a FREE healthy-lifestyle program designed for three specific age groups: 2-4, 5-7 and 7-13, who are at risk of, or are above a healthy weight, and their families. MEND's goals are to empower children and families to become fitter, healthier and happier!

You will learn about:

- Healthy eating and mealtime habits
- How to read food labels
- What serving sizes look like
- Building self-esteem
- Healthy growth
- Behaviour change strategies
- Positive parenting
- Active play

Learn how to make healthier lifestyle choices for your entire family. Check out MEND!

Level I: This session presents an overview of the MEND Program and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.

This session is presented by the Community Education Service of the Child & Adolescent Addictions & Mental Health Portfolio & Psychiatry (CAAMHPP) of Alberta Health Services in partnership with **MEND**.