



"I did **mend**  
and **LOVED IT!**  
I've got loads  
more **ENERGY**  
now and I'm  
so much more  
**CONFIDENT.**"

**JOSH**  
aged 12

Check out **Josh's blog** at  
[mendcentral.org/blog](http://mendcentral.org/blog)

## **mend:** where families **get fit and** **healthy for free**

**mend** is a fun, free 10-week programme for children and parents

If you think your child is over a healthy weight, book your place  
today on **0800 230 0263** or email [info@mendcentral.org](mailto:info@mendcentral.org)

Starting soon at:

Banwell Primary School, West Street, Banwell

Please call Mrs Arnold for further information on 01934 854 064

[mendcentral.org](http://mendcentral.org)

