

20,000 other families have already become fitter, healthier and happier with mend



- ♥ Join us and find out how to eat more healthily and get more active
- ♥ Learn from **mend** leaders and each other in an open, supportive environment
- ♥ Children and parents attend together
- ♥ Meet other local families
- ♥ Stay healthy with free magazines and exclusive website access for 2 years

"It's amazing how such SMALL CHANGES have made such a HUGE DIFFERENCE to our family life!"
Debbie Clayton, mend Mum

Family first



Being healthy isn't just down to one person – it's for the whole family

Have fun while you get fit



Find out what's really in your food

Make friends and share stories



FREE welcome pack



mend is starting soon near you. Places are limited so join today!

Call us on:

0800 230 0263



Trowbridge Castle Place and Chippenham Olympiad leisure centres from Sept 24th