



Families Wanted!

7-13 years
Tuesdays & Thursdays,
April 12, 6-8pm
10 weeks
Free

MEND (Mind, Exercise, Nutrition, Do It!) is a fun, FREE healthy lifestyle program that empowers children and their families to become fitter and healthier through group sessions that promote healthy eating and physical activity. To register, contact mend@burnaby.ca or call 604-415-3559.