



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MIND. EXERCISE. NUTRITION. DO IT!

HEALTHY CHOICES = HEALTHY CHILDREN!

Now at six locations across Austin, Kyle, and Del Valle

FREE!
Places are
1st come, 1st
served



The Benefits

- **FREE** 10-week healthy living program
- Offered in English and Spanish
- Make new friends
- Gain confidence and boost self-esteem
- Perform better in school

MEND helps families lead happier and healthier lives through healthy eating, fun physical activity, and small lifestyle changes.

The MEND program runs for 10 weeks and meets twice a week for two hours. Families with kids ages 7 – 13 who are above a healthy weight are eligible to participate.

Do It!

Call today to let the YMCA of Austin support you as you take the first steps toward a **Happy, Healthy, and Active life!**



StDavid's
FOUNDATION



512.236.9622 | AustinYMCA.org