

# Mind Exercise Nutrition Do It!

## MEND HEALTHY TOGETHER PROGRAM

Family Healthy Together Program



For Information On  
Local MEND Program  
Activities Email the  
Montana Diabetes  
Program

DIABETES@MT.GOV

- ✓ • FREE Program for Qualified Families
- ✓ • Achieve and Maintain Healthier Lifestyle
- ✓ • Family Orientated
- ✓ • Fun and Engaging Activities
- ✓ • Group and Peer Support
- ✓ • Nutrition and Nutrition Target
- ✓ • Nutrition Label Education
- ✓ • 10 Weeks
- ✓ • Ongoing Maintenance Support
- ✓ • Proven Effective



MONTANA  
DIABETES  
PROGRAM

diabetes.mt.gov