

# Healthy Families Programme



**NEW**

## Do you have a child under 7?

Would you like to:

- Feel more confident as a parent?
- Reduce mealtime stress?
- Enjoy being active as a family more often?

- Encourage your child away from screens and TV?
- See your child eat more vegetables and fruit?
- Gain ideas to help with family routines?



**FREE HENRY** programme starting soon.

For more information, please give us a call on **020 8156 6400** or scan the QR code to visit our website.



SCAN ME

*"I will be recommending this course to everyone. Thank you for this life changing opportunity".*

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