

Healthy Families: Growing Up online



Join
our online
parent
group

Healthy, thriving children and families



HENRY's free **Healthy Families: Growing Up** online programme is for parents and carers of primary-school age children – it will help you develop a healthier, happier lifestyle that the whole family can enjoy.

The programme covers these 5 themes across 8 weeks and provides everything you need to help your children flourish.

- Feeling more confident as a parent
- Physical activity for the whole family
- What children and the whole family eats
- Family lifestyle habits
- Enjoying life as a family

Get
in touch
to sign up
now!



"This was the best thing I could possibly have done to help me be a better mum"

"This was so much better than I expected. I would encourage every parent to do it."



Programme details

Contact Us