Healthy Start, Brighter Future Healthy Families: Growing Up



Do you have a primary-school aged child?

Would you like to:

- Feel more confident as a parent?
- Enjoy being active as a family more often?
- Get top tips for family food
- Understand healthy family lifestyles

Enjoy life as a family

The HENRY programme provides free support for local parents Join a programme today

www.henry.org.uk