

## Healthy Families 1-to-1 Programme

Would you like some new ideas to give your child a healthy start?

Do you wish your child would eat more vegetables?

Would you like to enjoy being active together more often?



Is it hard to get your children away from the TV?

The HENRY programme has helped thousands of families adopt a healthier and happier lifestyle.

It runs over about 8 sessions of about an hour long at a time and place that suits you.

The programme is relaxed and informal. It will help you think about what's going well in your family - and offer some new ideas to get your children off to a great start in life

**Practitioner who will be supporting you:**

**Name:**

**Phone:**

**Email:**