



A great start for babies
and children

Do you have a child
under 5?

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 fruit and vegetables?
- gain ideas to help with family routines?

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

Free HENRY Group
Programme starting soon:

Start on Wednesday 1st July at 10am for 9 weeks

Please contact Andrea on 07728 601 497 or email

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www.henry.org.uk