

HENRY Healthy Families programme

Even during this uncertain time, we're still here to help you give your little ones a great start in life.

The HENRY programme is completely FREE to join for parents and carers of children aged 0 to 5 years old.



The programme provides everything you need to help your little one get off to a great start.

We cover the 5 following themes across 8 weeks:

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

Each week there is either an online or in-person session. See below for dates.

You'll also receive a free **toolkit** with lots of fantastic resources.

The programme is an opportunity to share ideas and experiences with other families in a safe environment!

Programme details



Get in touch to sign up now!

Contact Us

