

# Healthy Families: Growing Up



Join our  
parent  
group

## Healthy, thriving children and families



HENRY's free **Healthy Families: Growing Up** 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 sessions 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"*



### Programme details

### Contact Us