

# HENRY Healthy Families programme online

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.

We will send you details of how to join online.



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 a **1 hour live session** and a couple of videos to watch before each session.

You'll also receive a free **toolkit** with lots of fantastic resources, delivered to your home.

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

## Programme details

Please note that each group has a maximum capacity of 6 families so please do get in touch if you would like to join us, in order to save your space and get your toolkit sent out in good time!



Get in touch to sign up now!

## Contact Us

