

A healthy start in life with HENRY

HENRY is a free 8 week group course, for parents/carers with children ages 0-5 years, starting in September in venues near you.

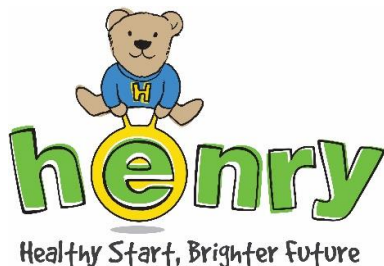
HENRY also has one off sessions running throughout the summer holidays, for various ages.

“As parents you want to do the best for your children and the HENRY course definitely shows you the way to achieve that. Would definitely recommend!”

Parent on the HENRY programme

HENRY is for you if you would you like to:

- Feel more confident as a parent
- Reduce mealtime stress
- Get some support to give your child a healthy start
- See your child eat more fruit and vegetables
- Help your children spend more time being active and less on screens



To book your place on a workshop scan the QR code or visit www.halton.me/henry



To find out more information contact hit@halton.gov.uk 0300 029 0029