

A great start in life

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 programme starting soon:

contact

HENRY@enfield.gov.uk

If you are interested in the HENRY programme,
please contact **HENRY@enfield.gov.uk**

NHS
North Middlesex
University Hospital
Wickham

henry



Healthy Start, Brighter Future

www.henry.org.uk

Pick up a leaflet for more information

ENFIELD
Council

