

What's on this summer from HENRY

Healthy Families: Brighter Future Programme

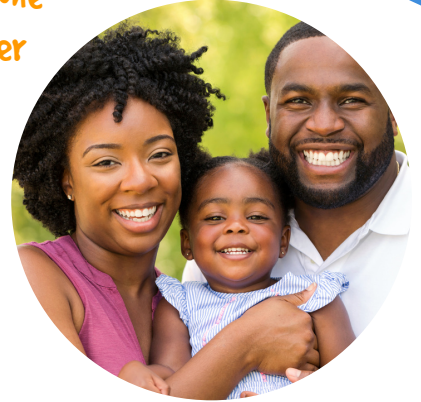
An online 8-week evidence-based programme that supports families with children aged 0-7 years to develop a healthier lifestyle.

- Beginning 26th July 7pm-8.15pm

"This is the best thing I could possibly have done to help me be a better mum"



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Eating Well for Less Workshop

Would you like to eat more healthily as a family, but you're not sure where to begin or how to manage it without breaking the bank?

This workshop helps the whole family to eat well for less.

- 2nd August - 2pm-3:15pm online
- 14th August - 7pm-8:15pm online

Starting Solids workshop

Starting solid foods is the start of a new chapter for you and your baby. Come to a Starting Solids workshop to help you get your baby off to a great start.

- 7th August 1pm-3pm, Kensington Avenue Children's Centre
- 8th August 1pm-3pm at Selhurst Children's Centre

(Under 6 months non-crawling babies are welcome to attend)



"Starting solids has been a very fun and messy journey. The workshop really helped me feel confident and enjoy the process."



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