



A great start for babies
and children

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 the screens and TV?
- see your child eat more fruit and vegetables?

*"I will be recommending this course to everyone.
Thank you for this life changing opportunity."*

Free HENRY Group
Programme starting soon:

Friday 2nd October 10am - 12pm @ Mitcheldean
Community Centre. Please contact Hilltop Children's
Centre on 01594 827595 for more information.

www.henry.org.uk
Pick up a flyer for more information