

# HENRY Healthy Families Programme

HENRY is here to help you give your child a great start in life



The HENRY programme is completely FREE to join for parents or carers of children aged 0 to 5 years old. We will send you details of how to join.

\*Eligibility applies. Families need to be registered with a HVCCG GP, priority will be given to families with a child above the 91st centile. After this any free spaces will be offered to families who meet 2 of our secondary criteria including concerns around eating habits, sleep, oral health, screen time, activity levels and parents or siblings being overweight or obese.

The programme provides everything you need to help your child get off to a great start

We cover the 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 2 hour session for parents/carers and your children to attend.

You'll also receive a free toolkit with lots of fantastic resources!

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

## Programme Details

Tuesday's- Stevenage 12.30-2.30pm

Wednesday's- Waltham Cross 12.30-2.30pm

Wednesday Online 5.30-6.30pm


Thursday's- Hemel Hempstead 10-12pm  
8 week programmes begin w/c 24th April 2023

Contact us now to book your place!



Get in touch to sign up!

## Contact Us

 01707248648

[info@beezeebodies.co.uk](mailto:info@beezeebodies.co.uk)

[facebook.com/beezeebodies1](https://www.facebook.com/beezeebodies1)

