

Healthy Families: Growing Up



Join our
parent
group

Healthy, thriving children and families



HENRY's free **Healthy Families: Growing Up** programme is for parents and carers of primary-school age children – it will help you develop a healthier, happier lifestyle that the whole family can enjoy.

The programme covers these 5 themes across 8 sessions and provides everything you need to help your children flourish.

- Feeling more confident as a parent
- Physical activity for the whole family
- What children and the whole family eats
- Family lifestyle habits
- Enjoying life as a family

Get
in touch
to sign up
now!

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



Programme details

When: Mondays from 9th October
At: 10am to 12 Midday
At: Barking Learning centre (Barking library), 2 Town Square Barking Learning Centre, Barking IG11 7NB

Contact Us

Healthy lifestyles team
020 8724 8018
healthy.lifestyles@lbdd.gov.uk