

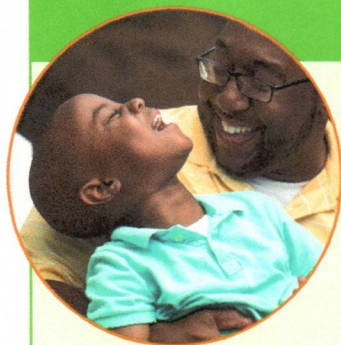
Healthy Families Programme



NEW

Do you have a child under 7?

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 vegetables and fruit?
- Gain ideas to help with family routines?



FREE HENRY programme starting soon.

For more information, please give us a call on **020 8156 6400** or scan the QR code to visit our website.



SCAN ME

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

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www.croydon.gov.uk

CROYDON BME FORUM

NHS
Croydon Health Services
NHS Trust

Croydon Best Start

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HOME START
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