



FOR PARENTS & CARERS

# HEALTHY FAMILIES: GROWING UP

**FREE 8-SESSION PROGRAMME**

*Guiding families to grow happier and healthier, together*

We'll cover essential topics like:

- Building a healthy family routine
- Understanding children's behaviour
- Positive mealtime tips
- Setting healthy boundaries
- Managing screen time and sleep
- Supporting self-esteem and body image

**SIGN UP TODAY!**

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*It changed the way we do things as a family, in the best way: we're eating better, moving more and enjoying time together. I'd recommend it to any parent, it's practical and really works!!*

*- Parents from the Healthy Families: Growing Up Programme*

Find out more  
about HENRY  
in Leeds



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