

## The... Healthy Start, Brighter Future **HENRY** Programme

...at Egremont Primary School

## Free workshops for parents and carers.

- Healthy teeth
- Looking after ourselves
- Understanding children's behaviour

**Workshops start:** 

**Wednesday 1 October** 9.40am - 11.40am

Book your free workshop via the school office - sign up by **Tuesday 30 September.** 

"So much better than I expected. I would encourage every parent to do it."



Scan the QR code for more information about the HENRY Programme.

Health, Exercise, Nutrition for the Really Young



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