

The... Healthy Start, Brighter Future HENRY Programme

...at Hayfield School

Free workshops for parents and carers.

- Understanding children's behaviour
- Looking after ourselves
- Eating well for less

Workshops start:

Wednesday 15 October 1.00pm - 3.00pm

Book your free workshop via the school office - sign up by **Wednesday 8 October**. "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.

