

The... HENRY Programme

...at Overchurch School

Free Eating Well for Less workshop for parents and carers.

This workshop helps the whole family to eat well for less, including:

- Tips for a cheaper, healthier shopping basket.
- Healthy meal planning to make the most of what you buy.
- Recipes for tasty, simple, low-cost meals.

Workshops start:

Wednesday 22 September 9.15am - 11.15am

Book your free workshop via the school office - sign up by **Thursday 18 September**. "So much
better than I
expected. I would
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Scan the QR code for more information about the HENRY Programme.



Health, Exercise, Nutrition for the Really Young



The... Healthy Start, Brighter Future HENRY Programme

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In partnership: Wirral Community Health and Care NHS Foundation Trust

