

**Would you like to give your family a healthy start?**

## **Do you have a child under 5?**

**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 the screens and TV?**
- **see your child eat more fruit and vegetables?**



**Come along to one of our HENRY (Health, Exercise, Nutrition for the really Young) parenting courses**

### **2019 Course Dates**

#### **The Parks Children's Centre**

**Starts Tuesday 10 September 2019**

**1 - 3pm**

#### **Marfleet Children's Centre**

**Starts Monday 30 September 2019**

**1 - 3pm**

#### **Fenchurch Children's Centre**

**Starts Wednesday 2 October 2019**

**12.30 - 2.30pm**

For more information or to book a **FREE** place please contact us on Telephone: 01482 828 901 or Email: [healthylifestylesteam@hullcc.gov.uk](mailto:healthylifestylesteam@hullcc.gov.uk) or contact your Children's Centre direct