

# A great start in life

## 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 screens and TV?
- see your child eat more fruit and vegetables?
- gain ideas to help with family routines?

*"I will be recommending this course to everyone.  
Thank you for this life changing opportunity."*

**Free HENRY programme starting soon:**

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[www.henry.org.uk](http://www.henry.org.uk)

Pick up a leaflet for more information