Healthy Families: Growing Up

Healthy, thriving children and families

henry
Healthy Start, Brighter Future

HENRY's free **Healthy Families Growing Up** programme is for parents and carers of primary-school age children – it will help you develop a healthier, happier lifestyle that the whole family can enjoy.

The programme covers these 5 themes across 8 sessions and provides everything you need to help your children flourish.

- Feeling more confident as a parent
- Physical activity for the whole family
- What children and the whole family eats
- Family lifestyle habits
- Enjoying life as a family

Get in touch to sign up now!

"This was the best thing I could possibly have done to help me be a better mum"

For parents & carers with children aged 5 - 12 years

NEXT PROGRAMME

Day/time: Wednesdays, 5:45pm -7:45pm
First session: 30th September 2026
Last session: 18th November 2026
Length: 8 sessions

An optional session will take place on the 23rd September for participants to learn more about the course and meet the facilitators.

Venue: Online course

How to book a place

Visit www.dudleyparents.co.uk or scan the QR Code and click on the HENRY tile to book your place