

Healthy Families: Growing Up



Join our
parent
group

Healthy, thriving children and families



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!

Programme details

Venue- St Albert's Primary School
Maxwell Drive. G41 5DU

Date- Monday 15th Sep-Mon 17th Nov(exc
29th sep , 13th oct)

Time- 12:30-2:30pm

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



Contact Us

If you would like to attend e-mail;

gw16creevykirstine@glow.ea.glasgow.sch.uk

OR talk to a member of staff.