

HENRY: a healthy start for a brighter future



A holistic approach that focuses on improving nutrition, emotional wellbeing, parenting confidence, oral health and a more active lifestyle.

Evelina London is providing **free** local HENRY sessions for Lambeth & Southwark families with children under 5.

We offer **individual workshops** on the following topics:

- Starting Solids
- Fussy Eating
- Healthy Drinks
- Healthy Teeth
- Eating Well for Less
- Let's Get Active

We also offer an **8 - week programme** called 'Healthy Families: Right from the Start'.

For full information, upcoming dates, locations and how to **book** your place, please visit our page on the Evelina London website:

evelinalondon.nhs.uk/henry



www.henry.org.uk

Starting Solids workshop
Thursday 16th May 10:00 to 12:00
at Tree House Children's Centre

Come to a Starting Solids workshop to help you get your baby off to a great start. The workshop will help you decide:

- When your baby is ready to try solid food
- What foods to start with
- When your baby is hungry and when they've had enough
- How to make mealtimes an enjoyable experience for both of you