



HENRY

HEALTH EXERCISE NUTRITION FOR THE REALLY YOUNG

Are you curious to
know more about
healthy living?

Do you worry about
how to get your
children to eat
vegetables?

Come and join us on the
Let's Get Healthy with HENRY
8-week course

**Venue: Staffordshire Moorlands
Children's Centre, Albert Street, Biddulph**

**Dates: 8 x sessions to be held as follows:
Fridays 13th, 20th, 27th January, 3rd, 10th, 17th
February, 2nd & 9th March 2012**

Time: 9.30 – 11.30am

**For more information and to book a place
Please contact: 01782 297970
Free Crèche and snacks**

