



Are you concerned about your child's weight?

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

Would you like ideas on weaning children away from the screen?

Are you curious to know more about healthy living?

Do you ever wish family life could be more fun?

If your answer to any of these questions is YES, we'd love to see you on the 8 week course...

Let's Get Healthy with HENRY

Wednesdays

from 9:30 to 11:30

at

The Springfield Centre

Please call Naeed on 777 2722 to find out more.