



Healthy Start, Brighter Future

HENRY is an 8 week group aimed at families with children under 5 years old who live in Leeds.

Each week will help you develop a healthy, happy and supportive home for your whole family.

Please speak with your Specialist Public Health Nurse to find out more information.

To find out about a group running near you, or make contact with your local children's centre, please contact our 0-19 SPA on:

0113 843 5683

0-19

Public Health Integrated Nursing Service

