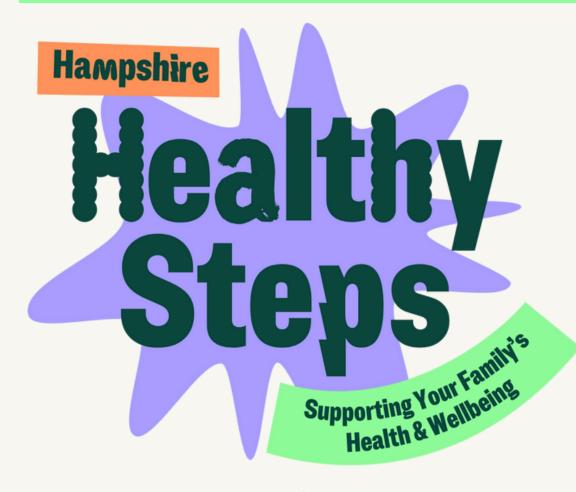
Introducing a brand new service for families in Hampshire...



Building healthy habits in childhood helps our children grow into healthy adults. Hampshire Healthy Steps offers support for families with children aged 2 to 12, providing practical advice on healthy eating, physical activity, sleep, and dental care.

## Find Out More...

- www.hampshirehealthysteps.org.uk
- Hampshire Healthy Steps
- (C) @hampshirehealthysteps







## Would you like to find out more about the free support you can receive from Hampshire Healthy Steps? Get in touch...

Email: healthysteps@barnardos.org.uk



Call: 08081691674



Send us your details via our website: www.hampshirehealthysteps.org.uk

## Once you have contacted us...

- We will get in touch with you within two working days to discuss your enquiry
- We will take time to understand what you and your family need and how we can support you
- We will offer you a place on our activity sessions within a month you can choose the time, dates and venues that suit you best
- You can set goals for yourself and your family, and we will support and celebrate your whole family along the way!
- At the end of the programme you will have a range of resources, information and practical tools to take away.





