

JOIN A FUN & FRIENDLY GROUP NEAR YOU

Learn how to prep food safer

Learn how to shop smarter



Learn how to be healthier

Learn how to keep active



Learn how to read food labels



Learn how to choose healthier foods

The Healthy Babies Healthy Futures programme (HBHF) began in 2014 to address childhood obesity. The programme is free for eligible communities across the wider Auckland region.



Visit our website to win a \$250 gift

www.healthybabies.org.nz



Like us on Facebook





We text you
FREE
information and
support during
pregnancy and
baby's
development

Giving YOU and BABY a HEALTHY start to every day!

- Join in the fun, meet other mums, learn great health tips, relax and enjoy yummy food!
- Learn how to buy, prepare, and cook tasty dishes on any budget!
- “Have a go” with fun low impact and low intensity group exercises
- Join TextMATCH and receive information and support during pregnancy and baby's development
- CALL NOW to talk about the FREE Healthy Babies Healthy Futures programme today!



“Hi, thank you so much for your support. All your messages are very helpful.”

“Hi your messages have been a huge help and very good I really appreciate all the messages and it has guided me properly on what to do in my pregnancy thank you very much.”

Call today

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