HEY, FAMILIES OF HERTFORDSHIRE!

Want to make healthy habits together as a family (and have fun doing it?)

We are BeeZee Bodies, and we're here to help improve your family's health and wellbeing. Our team are experts at engaging kids around healthy eating and healthy habits (we've even won awards to prove it!) and now we're offering support to families in Hertfordshire for FREE!

FREE SERVICES AVAILABLE IN HERTFORDSHIRE



Under 5

COUITSES

HENRY

An online or inperson course full
of healthy living
information to help
you give your child a
healthy start.



12 week

online course

BeeZee Families Live

Fun, interactive
webinars led by our
expert nutritionists to
help your family
create healthy habits

and routines at home.



BeeZee Families
Join us in your local community to learn about healthy living; including cooking lessons and activity

sessions.



support

BeeZee Lite
A one hour chat
with us, to support
you with a specific
challenge around
maintaining healthy
habits at home.

WHO IS ELIGIBLE?

Families with at least one child who is 5-15 years old, has a BMI > 91st centile and lives/goes to school/is registered with a GP in Hertfordshire...but the whole family is encouraged to participate together!

To be eligible for the HENRY programme you must have a child age 0-5 and be registered with a GP in Hertfordshire.

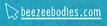
SIGN UP TODAY AT BEEZEEBODIES.COM/FAMILIES



I think BeeZee Families is great and totally worth your time! I became a lot healthier and discovered I love playing Basketball!

PRABHUV











HEY, FAMILIES OF STEVENAGE

JOIN OUR FREE HEALTHY LIFESTYLES COURSES TO MAKE HEALTHY HABITS TOGETHER, AND HAVE FUN DOING IT!

THE OVAL COMMUNITY CENTRE, SG1 5RA WEDNESDAYS 17:30 - 19:30

For 12 weeks From Wednesday 20th September 2023

To be eligible for a free place, your family must live/go to school/be registered with a GP in Hertfordshire and include one child aged 5-15 who is above their ideal healthy weight.







To sign up for your family's FREE place...



beezeebodies.com/families



01707 248648

or scan me with your smartphone camera (









