

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 courses

HENRY

An online or in-person 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.



Community groups

BeeZee Families

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



One-to-one 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.



Healthy eating



Fun activities



Making healthy habits at home!

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



beezeebodies.com/families



01707 248648

or scan me with
your smartphone
camera

