

Helping You Make Healthy Habits As A Family

Come along to our fun & free healthy lifestyle courses!



Healthy Eating Tips



Making Healthy Habits at Home



Fun Activities for the Whole Family

Monday

Welwyn Garden City
Ridgeway Academy
AL7 2AF
17:00 – 19:00

Waltham Cross
Hurst Drive Primary School
EN8 8DH
17:45 – 19:30

Tuesday

St. Albans
Camp Primary School
AL1 5PE
17:30 – 19:30

Hertford
Pinehurst Community Centre
SG13 7SX
17:30 – 19:30

Wednesday

Watford
St. Meryl School
WD19 5BT
17:30 – 19:30

Stevenage
The Oval Community Centre
SG1 5RA
17:30 – 19:30

Thursday

Hemel Hempstead
Hobletts Manor Junior School
HP2 5JT
17:30 – 19:30

Borehamwood
Meryfield Primary School
WD6 4PA
17:30 – 19:30

Programmes
start w/c 18th
September!

Places are limited, so get in touch with us today.

Sign up for your family's **FREE** place at

beezebodies.com/families

*to be eligible for this awesome free service, 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.