

Helping You Make Healthy Habits As A Family

Come along to our fun & free **online** healthy lifestyle courses!



Healthy Eating Tips



Making Healthy Habits at Home



Fun Online Activities for the Whole Family



BeeZee Live

Monday	5-8's 5:30pm	9-12's 6:30pm
Tuesday	5-8's No Session	9-12's 6:30pm
Wednesday	5-8's 6:30pm	9-12's 5:30pm

12-week BeeZee families courses starting
18th September 2023!



BeeZee Live