

# Helping You Make Healthy Habits As A Family

## Come along to our fun, FREE healthy lifestyle courses!



Sign up for your family's **FREE** place at  
[beezebodies.com/families](https://beezebodies.com/families)



or scan me with  
 your smartphone  
 camera!

Monday	Tuesday	Wednesday	Thursday
<b>WALTHAM CROSS</b> Hurst Drive Primary EN8 8 DU 17:45 - 19:30	<b>ST ALBANS</b> Camp Primary School AL1 5PE 17:30 - 19:30	<b>HODDESDON</b> St. Cuthbert's Church EN11 0PU 17:30 - 19:30	<b>HEMEL HEMPSTEAD</b> Hobletts Manor Junior School HP2 5JS 17:30 - 19:30
<b>WELWYN GARDEN CITY</b> Ridgeway Academy AL7 2AF 17:00 - 19:00	<b>WATFORD</b> St Meryl Primary WD19 5BT 17:30 - 19:30	<b>STEVENAGE</b> Oval Community Centre SG1 5RD 17:30 - 19:30	<b>BOREHAMWOOD</b> Meryfield Primary School WD6 4PA 17:30 - 19:30

12-week BeeZee Families courses starting in  
 Hertfordshire from 15<sup>th</sup> May 2023

\*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.