

# DO YOU HAVE CONCERNS ABOUT YOUR KIDS' HEALTH HABITS?



JOIN OTHER LIKEMINDED PARENTS IN STEVENAGE FOR A SET OF FREE WORKSHOPS TO HELP YOU LEVEL UP YOUR FAMILY'S LIFESTYLE :

- 1.5 hour group BeeZee Lite sessions with our team of Nutritionists and Family Wellbeing Co-ordinators
- Informal, inclusive and non-judgemental atmosphere
- Share challenges and tips with other families like yours
- Get advice tailored to YOUR family
- Detailed action plan to take away
- Check back in one month later

\*To be eligible for this free service your child must be between 5-15 years and have a BMI <91st centile (we can help you work this out if you're not sure)

Sign up for free at [www.beezeebodies.com/lite](http://www.beezeebodies.com/lite) or call the team on 01707 248648

WE CAN HELP GET YOUR FAMILY'S HEALTH AND WELLBEING ON THE RIGHT TRACK.



GROUP	INITIAL WORKSHOP	FOLLOW UP WORKSHOP
1	Tuesday 29th March 10:00 - 11:30am	Tuesday 26th April 10:00 - 11:30am
2	Thursday 31st March 10:00 - 11:30am	Thursday 28th April 10:00 - 11:30am

BEDWELL COMMUNITY CENTRE, STEVENAGE