

“ BeeZee Families is brilliant!  
It's a fun way to learn about healthy eating and I will  
remember the things I've learned for years to come.

”



CHILD, AGE 9

“ Maria adored coming to the weekly sessions!  
The team were so friendly and she loved the activities  
with new friends!

Overall, BeeZee Families was a fantastic opportunity  
to improve overall health awareness whilst having fun!

”



MARIA, AGE 8



SAY HELLO TO HEALTHY HABITS  
AND SIGN UP TODAY...



beezeebodies.com/families



01707 248648



BeeZee Families



@beezeefamilies

### ELIGIBILITY CRITERIA :

To be eligible for BeeZee Bodies services you must:

- Have a child aged 5-15 with a BMI above the 91st centile
- Live/go to school/be registered with a GP in Hertfordshire

To be eligible for the HENRY programme you must:

- Have a child age 0-5 with a BMI above the 91st centile
- Be registered with a GP in Hertfordshire



BUILD  
HEALTHY  
HABITS  
AS A FAMILY

Helping your child to maintain a  
healthy weight and learn skills for  
a healthy, happy life.



## 12 WEEKS TO A HEALTHIER, HAPPIER HOUSEHOLD

Join our fun, free, family-focused (*oh, and did we mention award-winning?!)* healthy lifestyles course, **BeeZee Families**.

Aimed at 5-15 year olds and their families, the course covers topics from healthy snacking, balanced meals, portion size and keeping active together.

Our team of family nutritionists are experts at engaging children around healthy eating and fun exercise, and have plenty of tricks to help you and your kids turn a good behaviour into a healthy habit for life!

BeeZee Families groups run after school all over Hertfordshire.

Kids will cook healthy meals, take part in fun games and sports, and make loads of friends!

Parents are supported by our team to handle conflict resolution, and benefit from the support network of likeminded families.



BY THE WAY...  
ALL OUR  
SERVICES ARE  
**FREE!**

## PUTTING YOUR FAMILY'S HEALTH AT YOUR FINGERTIPS



We also offer our BeeZee Families course online! By choosing **BeeZee Families Live**, you can stream our expert family nutritionists directly into your home.

These weekly webinars are fun and interactive - there are plenty of activities, games and quizzes to keep the kids engaged!

## OR DO YOU FANCY A QUICK CHAT INSTEAD?

Our **BeeZee Lite** service may be for you. Kickstart your journey to a healthier, happier family with a one hour, 1:1 appointment for health and wellbeing advice, tailored to your family's specific needs.

## FOR TEENS



**B YOU(th)** is our service for young people (aged 13-17 years old) to support with their health and wellbeing.

Each session is driven by the needs of the young people attending, and aims to support positive change and greater wellbeing through discussing the health and wellbeing topics that matter to them.

B YOU(th) gives individuals the opportunity to connect with other young people and freely share their ideas in a friendly and relaxed environment.



## HEALTHY STARTS FOR LITTLE ONES

Everyone wants the best for their children, but it can be hard to know what to do as a parent in the early years...

That's where HENRY comes in.

The HENRY programme helps you give your child the best possible start in life. The programme is for parents or carers of children aged 0 to 5 years old. It is free to join.

The programme covers these 5 themes across 8 weeks and provides everything you need to help get your little one off to a great start.

- Parenting confidence
- Physical activity for little ones
- What children and families eat
- Family lifestyle habits
- Enjoying life as a family

