

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 Live**, you can stream our expert family nutritionists directly into your home.

These weekly webinars are designed to be fun and interactive - there are plenty of activities, games and quizzes to keep the kids engaged! Collect points to win exciting prizes!

You'll still be able to benefit from the group support too, as we'll add you into a WhatsApp group where you can chat to other parents for advice and support.

OR DO YOU FANCY A QUICK CHAT INSTEAD?

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

Over a friendly and informal chat, we can help you address any challenges you face in maintaining a healthy household. We'll work with you to create an action plan, and check back in a month later to see how you're doing.



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

