



Hello, Parents & Guardians! We are BeeZee Bodies, and we work with Hertfordshire County Council to provide FREE (and FUN!) healthy lifestyles support for families across Hertfordshire.

FREE 1-1 HEALTH & WELLBEING SUPPORT FOR YOUR FAMILY

Raising a healthy family is hard, but our friendly wellbeing coaches can get your family's health and wellbeing on the right track.

Book in for a FREE, 1:1 chat where we can help you and your family create and maintain healthy habits at home. Together, we'll discuss your lifestyle, challenges and goals and create a tailored action plan for you to take away, We'll check in with you one month later to see how you've been getting on and provide any further support!



SIGN UP FOR YOUR FREE APPOINTMENT

Just go to beezeebodies.com/families (or scan the QR code!) and enter your details

*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 who is above their ideal healthy weight.

AUTUMN BINGO!

GO FOR A NICE WALK AND SEE HOW MANY OF THESE THINGS YOU CAN FIND!

Squirrel



Mushroom



Conkers



Hot chocolate



Spider's Web



Autumn leaves



Pumpkin



Muddy paws!



Someone wrapped up warm



beezeebodies.com/families

BeeZee Families

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