

BEEZEE FAMILIES COMES TO GLOUCESTERSHIRE!

FREE, 12 WEEK COURSE TO A HEALTHIER, HAPPIER FAMILY

A fun, free, family-focused healthy lifestyles course, *BeeZee Families*, is coming to you!

Aimed at 5-15 year olds and their families, the course covers topics including 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!

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

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



SIGN UP FOR FREE!
beezeebodies.com/families
 01452 717262

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 PODSMEA Podsend Community Centre 16:30 - 18:30 Age 5 - 15 starts 24th January	 BARTON All Nations Community Centre 17:00 - 19:00 Age 5 - 15 starts 25th January	 CINDERFOR The Forest Road Centre 16:45 - 18:45 Age 5 - 15 starts 26th January	
 ONLINE 17:30 - 18:30 Age 9 - 12 starts 24th January	 ONLINE 16:30 - 17:30 Age 5 - 8 starts 25th January	 ONLINE 17:30 - 18:30 Age 5 - 8 starts 26th January	 ONLINE 16:30 - 17:30 Age 9 - 12 starts 27th January

