

BEEZEE FAMILIES COMES TO GLOUCESTER!

FREE, 13 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!
beezebodies.com/families
 01452 717262

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 QUEDGELEY Kingsway Community Centre 16:30 - 18:30 Age 5 - 15 starts 20th September	 COLEFORD St Johns C of E Academy 16:30 - 18:30 Age 5 - 15 starts 21st September		 MATSON The Redwell Centre 17:00 - 19:00 Age 5 - 15 starts 23rd September
 ONLINE 16:45 - 18:00 Age 5 - 8 starts 27th September	 ONLINE 18:00 - 19:15 Age 9 - 12 starts 28th September	 ONLINE 17:45 - 19:00 Age 9 - 12 starts 20th September	

