

HEY, FAMILIES OF CINDERFORD!

JOIN OUR FREE HEALTHY LIFESTYLE COURSES TO MAKE HEALTHY HABITS TOGETHER, AND HAVE FUN DOING IT!

Miners Welfare Hall
Wesley Road, Cinderford,
GL14 2JN

Wednesday 16:30 - 18:30
For 12 weeks from 20th September 2023

To be eligible for your place on this awesome free service, your family must live in Gloucestershire and include one child aged 7 - 12 who is above their ideal healthy weight.



Healthy eating



Fun activities



Making healthy habits at home!

To sign up for your family's **FREE** place...



beezebodies.com/families



01452 717262

or scan me with
your smartphone
camera

