

BEEZEE FAMILIES COMES TO GLOUCESTERSHIRE!

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.



BEEZEE LIVE

SIGN UP FOR FREE!

beezeebodies.com/families

01452 717262



BEEZEE FAMILIES

**NEW COURSES START IN GLOUCESTER &
FOREST OF DEAN W/C 24TH JANUARY!**



 **Gloucestershire**
COUNTY COUNCIL