

Hello!



WE ARE BEEZEE BODIES

You may have heard of us before and if not you should have (we are pretty awesome)! In a nutshell we exist to help families to make small changes to live healthy lives. I will let you into a little secret – healthy doesn't mean only eating celery and lettuce, "YAY" I hear you cry. Believe it or not, healthy eating can include pizzas and cakes, and you can trust us because we are the experts! At BeeZee Bodies we believe that being healthy means you can get the most out of life and do the stuff you love to do – we like having fun so we want you to have fun too!

We run in early evenings and best of all; **IT'S FREE!** You get dedicated time with nutritionists and other fab BeeZee Bodies staff doing activities, cooking, making friends and learning about small changes to live healthy lives... for **FREE!** Programmes start **January 2019 in St Albans at St Albans Girls' School! Call NOW to find out more!**

Contact us
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