



**BeeZee  
Families**

# HELLOOOOO!



## We're BeeZee Bodies!

**You may have heard of us before (and if not then you should have 'cos we are pretty awesome!)**

We run a programme called **BeeZee Families**, which exists to help families make small changes to live healthy lives. And we'll let you into a little secret – healthy doesn't mean only eating celery and lettuce. Yay! Healthy eating can include pizzas and cakes, and we believe that being healthy means you can get the most out of life and do the stuff you love to do!

You can trust us because we are the experts. Not to brag, but we've even won an award for our healthy lifestyle services...

When you join BeeZee Families, you will do things together like cooking, games and activities, and get dedicated time with our lovely nutritionists. You'll also make tons of new friends and have loads of FUN!

**And best of all – BeeZee Families is FREE!**

**We have a programme starting on Monday 13<sup>th</sup> May in St Albans at Marlborough Science Academy, AL1 2QA at 5-6.30pm.**

**Call now to find out more!**

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