



We're here to help your family
make healthy habits fun



Join our **FREE**, 12-week healthy lifestyle programme to help your family build habits around food and physical activity. Our in-person group sessions start on:

Date:

Tuesdays from 23 April '24

Time:

17:30 til 19:30

Venue:

Hobletts Manor Junior School, Hemel Hempstead, HP2 5JT

Or you can join us online!



hrt.maximusuk.co.uk

Sign up for your

FREE PLACE today



BZBinfo@maximusuk.co.uk



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Hertfordshire