

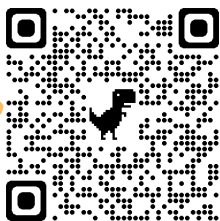


## Hello, Parents & Guardians!

We are BeeZee Bodies, and we work with Hertfordshire Council to provide FREE (and FUN!) healthy lifestyle support for families.

We run [BeeZee Families](#) courses after school across Hertfordshire, and have new groups beginning in May.\*

CLICK HERE OR SCAN THE QR CODE WITH YOUR SMARTPHONE CAMERA TO SIGN UP FOR YOUR FAMILY'S FREE PLACE



| Monday                                                                    | Tuesday                                                             | Wednesday                                                              | Thursday                                                                           |
|---------------------------------------------------------------------------|---------------------------------------------------------------------|------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| <b>WALTHAM CROSS</b><br>Hurst Drive Primary<br>EN8 8 DU<br>17:45 - 19:30  | <b>ST ALBANS</b><br>Camp Primary School<br>AL1 5PE<br>17:30 - 19:30 | <b>HODDESDON</b><br>St. Cuthbert's Church<br>EN11 0PU<br>17:30 - 19:30 | <b>HEMEL HEMPSTEAD</b><br>Hobletts Manor Junior School<br>HP2 5JS<br>17:30 - 19:30 |
| <b>WELWYN GARDEN CITY</b><br>Ridgeway Academy<br>AL7 2AF<br>17:00 - 19:00 | <b>WATFORD</b><br>St Meryl Primary<br>WD19 5BT<br>17:30 - 19:30     | <b>STEVENAGE</b><br>Oval Community Centre<br>SG1 5RD<br>17:30 - 19:30  | <b>BOREHAMWOOD</b><br>Meryfield Primary School<br>WD6 4PA<br>17:30 - 19:30         |

\*To be eligible for this awesome free service, your family must live/go to a school in Hertfordshire and include one child who is above their ideal healthy weight.

## April is... Stress Awareness Month



Stress is a very common human response when we are feeling overwhelmed by physical, mental or emotional pressure. It's important to try to manage our stress so that it doesn't build up and cause longer-term issues. This April is STRESS AWARENESS MONTH. We are encouraging everyone to #ACT (Action Changes Things). Choose one action that you and your family can do to support your physical, mental or emotional health and reduce your stress.

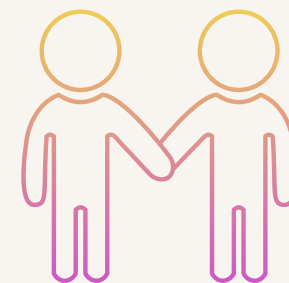
### What can we do to help manage our stress?



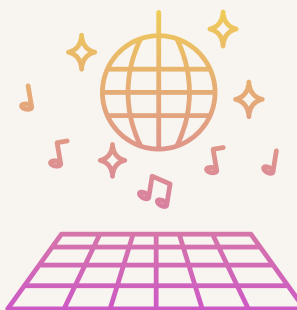
Try taking a few deep breaths or follow a guided meditation



Enjoy a healthy, balanced diet including a wide variety of different foods



Connect with family and friends



Dance it out! Listen to your favourite music and have a boogie.



Go for a family walk



Take a social media break

Find out more at [www.stress.org.uk/national-stress-awareness-month/](http://www.stress.org.uk/national-stress-awareness-month/)