

Looking for fun, free, ways to get healthier?

Beezee
by maximus

Sign up to Beezee today!

We run **free** healthy lifestyle programmes, commissioned by Hertfordshire County Council. We help families and young people develop healthy habits that last for life.

How we can help you:

Beezee **FAMILIES**

- Free 12-week group programme - available in-person or online
- Cooking lessons and physical activity sessions
- Learn at your own pace on the Academy
- Tailored support for 5-15 year olds.



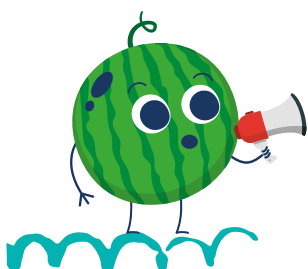
- Free programme in person or online
- Explores 5 themes across 8 weeks
- Help parents provide a healthy start for their child
- For families with under 5 year olds.

Beezee **YOUTH**

- Free 8-week group programme - available in-person or online
- Explores how to look after physical, social and mental wellbeing
- Learn at their own pace on the Academy
- Tailored support for 13-17 year olds.

We also offer 1:2:1 appointments with our Wellbeing Coordinator and Nutritionists - available all year round.

Please contact us on:



 01707 248648

 hellohertfordshire@maximusuk.co.uk

 hrt.maximusuk.co.uk

