

# BEEZEE FAMILIES COMES TO ALLUM HALL!

## FREE, 12 WEEK COURSE TO A HEALTHIER, HAPPIER FAMILY

A fun, free, family-focused healthy lifestyles course, **BeeZee Families**, is coming to Allum Hall.

Aimed at 5-15 year olds and their families, the course covers topics from healthy snacking, balanced meals, portion size and keeping active together.

Our team of family nutritionists are experts at engaging children around healthy eating and fun exercise, and have plenty of tricks to help you and your kids turn a good behaviour into a healthy habit for life!

Kids will cook healthy meals, take part in fun games and sports, and make loads of friends!

Parents are supported by our team to handle conflict resolution, and benefit from the support network of likeminded families.



**BOREHAMWOOD**  
Allum Hall

Mondays  
17:00 - 19:00  
Age 5 - 15

Starts 20th September  
for 12 weeks

**SIGN UP FOR FREE!**

**[beezeebodies.com/herts](https://beezeebodies.com/herts)**

**01707 248648**

