

BE KIND.

BE HEALTHY.

BE INSPIRING.

B YOUth

The Hive @ The Jim McDonald Centre,
Hatfield, AL10 8HR

Every Wednesday from
20th September
5:30pm to 6:30pm



beezeebodies



If you are aged 13-17 and live or go to school in Hertfordshire, you can join our group at The Hive @ The Jim McDonald Centre...for free! We will meet every Wednesday for 10 weeks starting 20th September 2023

SIGN UP ONLINE TO JOIN A B-YOU(th) GROUP NEAR YOU! www.beezeebodies.com/teens

JOIN B-YOU(th) AND CONNECT WITH OTHER YOUNG PEOPLE LIKE YOU WHO WANT TO INVEST IN THEIR HEALTH & WELLBEING.

TOGETHER, WE'LL SUPPORT EACH OTHER TO BE YOUR BEST YOU!



WHAT IS B-YOU(th)?

At BeeZee Bodies, we run free healthy lifestyles courses for kids and adults. But we get that the things that 5 year olds want to know, are very different from the things 15 year olds want to know! So, with the help of young people like you, we created B•YOU(th) – a place for 13-17 year olds to discuss the health & wellbeing topics that matter to them.

B YOUth



WHAT WE HAVE TO OFFER:

- 1:1 support to help you achieve your goals
- 10 week programme
- Sessions run in a friendly and relaxed environment
- Personalised action plan to work on
- Weekly sessions including fun and engaging ways to learn about health and wellbeing
- Learn how to support yourself and others with health and wellbeing including mental, social and physical health
- Unique opportunities to get involved with local events and projects

SIGN UP ONLINE TO JOIN A B-YOU(th) GROUP NEAR YOU! www.beezeebodies.com/teens