



## Ready to start making healthy habits as a family?

Sign up for Beezee Families today and find **FREE** healthy lifestyle support that's right for your family. We can help you with healthy eating, getting more active, and having fun while doing so! You can:



Join us for  
12 weeks of  
in-person  
group sessions



Log in for  
10 weeks  
of online group  
sessions, plus  
2 check-in calls



Get two  
appointments and  
an action plan  
with a dedicated  
Wellbeing  
Co-Ordinator



Learn at your  
own pace by  
enrolling onto  
the Academy



[hrt.maximusuk.co.uk](http://hrt.maximusuk.co.uk)

Sign up for your

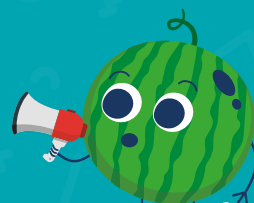
**FREE PLACE** today



[BZBinfo@maximusuk.co.uk](mailto:BZBinfo@maximusuk.co.uk)



**01707 248648**



Hertfordshire

24-0860