



DO YOU HAVE QUESTIONS ABOUT YOUR KIDS' HEALTH HABITS?

Fussy eater?
Won't eat their greens?
Serial snacker?
Couch potato?
Eyes bigger than their belly?

WE'VE GOT THE ANSWERS!

Book a free support session with a member of our wellbeing team!

We are experts in engaging children with healthy eating and physical activity and can help you turn healthy efforts into healthy habits for life.

Over a (virtual) cuppa, we will give you advice about family nutrition & exercise, and work together on a personalised behaviour change plan for your family.

We'll check in a month later to see how you're getting on!

Funded by Hertfordshire County Council, this free service is available to children aged 5-15 who have a BMI above the 91st centile (we can help you work this out if you're unsure).



SIGN UP FOR YOUR FREE SESSION TODAY!



beezeebodies.com/signup



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