

## Help your family build

## healthy habits that last a lifetime.

Sign up for Beezee Families today to get **FREE** healthy lifestyle support that works for your family.

Join us for 12 weeks of in-person group sessions Log in for 10 weeks of online group sessions, plus 2 check-in calls





## Fun and family-friendly



Our in-person and online group programmes are for children above their ideal weight, see our website for more information.