

A photograph of a family (father, mother, and two children) smiling, overlaid with a semi-transparent blue filter.

# FREE HEALTHY LIFESTYLES WORKSHOPS

## Supporting Children With Their Body Image Masterclass

Join BeeZee Bodies and lots of other  
parents on this free webinar

It will be led by our Nutritionists who can help you with practical tips you can implement.

We will be talking all about how to support and improve your child's self-confidence.

We will offer some tips and resources as well as an opportunity for questions and share experiences.

<https://www.eventbrite.co.uk/e/supporting-children-with-body-image-masterclass-tickets-698949706387?aff=oddtcreator>

Tuesday 12th September 6-7pm

Scan the QR Code to Join!



# HEY, FAMILIES OF HEMEL HEMPSTEAD

JOIN OUR FREE HEALTHY LIFESTYLES COURSES TO MAKE  
HEALTHY HABITS TOGETHER, AND HAVE FUN DOING IT!

HOBLETTS MANOR JUNIOR SCHOOL, HP2 5JT  
THURSDAYS 17:30 - 19:30

For 12 weeks  
From Thursday 21<sup>st</sup> September 2023

To be eligible for a free place, your family must live/go to school/be registered  
with a GP in Hertfordshire and include one child aged 5-15 who is above their  
ideal healthy weight.



To sign up for your family's **FREE** place...



[beezeebodies.com/families](https://beezeebodies.com/families)



01707 248648

or scan me with  
your smartphone  
camera



@bezeefamilies

