



Ready for your family

to feel healthier and happier?

Join **BeeZee Families** Live. A **free**, 12 week online course for you and your family. You can:

Join from the comfort of your home



Learn about healthy eating and wellbeing



Have fun and get moving with our games!



Our expert team have already helped hundreds of families, and we're here to support you.

## Check out our timetable



5-8 year-olds

Monday 5:30pm, Tuesday 4:30pm



9-12 year-olds

Monday 6:30pm, Tuesday 6:30pm

Take the first step towards a healthier you today:



[beezeebodies.com/  
programs/families-live/](https://beezeebodies.com/programs/families-live/)

Most people visit our website

to find out more



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

For alternative formats, email [marketing@maximusuk.co.uk](mailto:marketing@maximusuk.co.uk) quoting X22-1896