



We're here to help your family

make healthy habits fun

Join our **FREE**, 12-week healthy lifestyle programme to help your family build habits around food and physical activity. Our in-person group sessions start on:

Date:

Time:

Venue:

Or you can join us online!



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

Sign up for your

**FREE PLACE** today



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



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**Brent**