



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: Thursdays from 25 April '24

Time: 17:00 til 19:00

Venue: Birchwood Avenue Primary School, Hatfield, AL10 0PS

Or you can join us online!



hrt.maximusuk.co.uk

Sign up for your
FREE PLACE today



BZBinfo@maximusuk.co.uk



01707 248 648



Hertfordshire