



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:** Tuesdays from 23 April '24

**Time:** 17:30 til 19:30

**Venue:** Hobletts Manor Junior School, Hemel Hempstead, HP2 5JT

Or you can join us online!



[hrt.maximusuk.co.uk](https://hrt.maximusuk.co.uk)

Sign up for your  
**FREE PLACE** today



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



**01707 248 648**



**Hertfordshire**