



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: Mondays from 22 April '24

Time: 17:00 til 19:00

Venue: Cranborne Primary School, Laurel Fields, Potters Bar, EN6 2BA

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