



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:

Wednesdays from 24 April

Time:

17:30 til 19:30

Venue:

The Oval Community Centre, Jessop Rd, Stevenage SG1 5RA

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