



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: 17:45 til 19:30

Venue: Hurst Drive Primary School, Hurst Drive, Waltham Cross EN8 8DH

Or you can join us online!



hrt.maximusuk.co.uk

Sign up for your
FREE PLACE today



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Hertfordshire