



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:**

Leavesden Green Community Hub, Watford WD25 0BW

Or you can join us online!



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

Sign up for your

**FREE PLACE** today



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



**01707 248 648**



**Hertfordshire**