

WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER?

GOOD NEWS! FREE HEALTHY LIFESTYLE COURSES ARE STARTING IN HERTFORDSHIRE IN MAY.

JUST CHOOSE YOUR GROUP

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|---|--|--|--|--|
| Starts w/c 23rd May for 10 weeks | Allum Hall BOREHAMWOOD 17.00-19.00 Age 5-15 | Birchwood High School BISHOP STORTFORD 17.30-19.30 Age 5-15 | The Orbital Community Centre WATFORD 17.30-19.30 Age 5-15 | The Hobletts Manor Junior School HEMEL HEMPSTEAD 17.30-19.30 Age 5-15 |
| | Ridgeway Academy WELWYN 17.00-19.00 Age 5-15 | Jackmans Community Centre LETCHWORTH 17.30-19.30 Age 5-15 | St Cuthbert's Church HODDESDON 17.30-19.30 Age 5-15 |  |
| Starts w/c 9th May for 10 weeks | ONLINE 17:30 - 18:30 Age 5 - 8 | | ONLINE 18:15 - 19:15 Age 9- 12 | |

...AND SIGN UP FOR FREE

Scan the QR Code, or fill in the form at beezebodies.com/families