

FREE WEEKLY WEBINARS TO HELP YOUR FAMILY BE HEALTHIER!



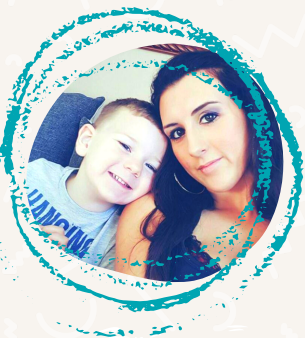
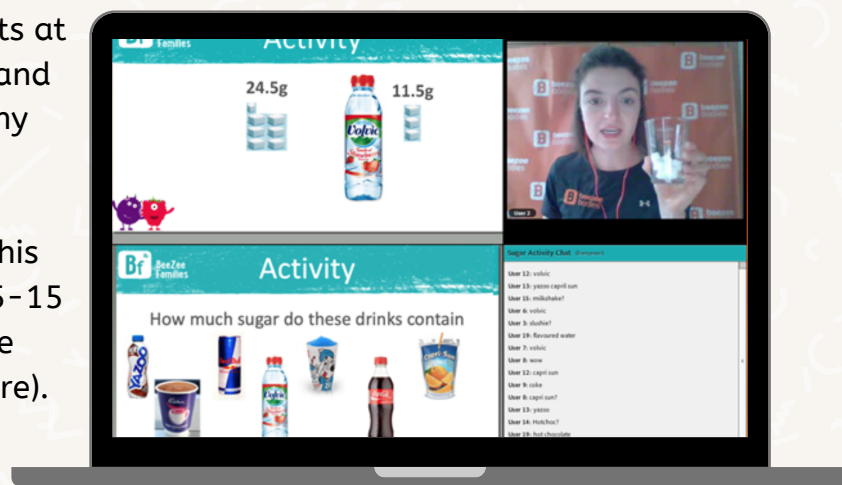
Your family's health has never been so important.

So we've taken our award-winning BeeZee Families programme and made it virtual, so that we can continue to support Brighton & Hove families to create healthy habits - safely, from home - during the COVID-19 pandemic.

Over 12 weeks of webinars, we'll cover topics such as healthy snacking, balanced meals, portion size and physical activity. The webinars are fun and interactive, with games and quizzes, and prizes to be won!

Our team of family nutritionists are experts at engaging children around healthy eating and exercise, and can help you turn one healthy behaviour into a good habit for life!

Funded by Brighton & Hove City Council, this free service is available to children aged 5-15 who have a BMI above the 91st centile (we can help you work this out if you're not sure).



"We got a lot out of the online sessions, it really helped us to make some positive changes to our eating habits. I liked the idea of having the quizzes and polls as you still felt really involved, and both Jamie and I had lost weight after just 6 weeks."

Jamie (7 years)

"The online programme was run brilliantly. Informative, interactive and interesting. We all found it helpful and picked up useful knowledge for life! Jake has lost 11kg and he looks and feels so much better! Thanks BeeZee Bodies for giving him a lifetime of skills to keep this going!"

Jack (16 years)



New groups begin 5th October!

Sign up for your free place at beezeebodies.com or call 01273 294589



Brighton & Hove
City Council

