

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 beezeebodies.com/families