

# DO YOU HAVE CONCERNS ABOUT YOUR KIDS' HEALTH HABITS?



## A FREE WORKSHOP FOR LIKEMINDED PARENTS/CARERS TO HELP THEM LEVEL UP THEIR FAMILY'S LIFESTYLE:

- 1.5 hour group BeeZee Lite session with our team of Nutritionists and Family Wellbeing Co-ordinators
- Informal, inclusive and non-judgemental atmosphere
- Share challenges and tips with other families
- Get advice tailored to their family
- Detailed action plan to take away
- A virtual 1:1 check-in a month later

\*To be eligible for this free service their child must be between 5-15 years and have a BMI >91st centile (we can help you work this out if you're not sure)

**If you think this service will benefit families you work with call the team on 01707 248648**

## WE CAN HELP GET YOUR FAMILY'S HEALTH AND WELLBEING ON THE RIGHT TRACK.



### TOPICS COVERED IN THE WORKSHOP WILL INCLUDE:

- Nutrition
- Physical Activity
- Habits & Routines
- Signposting to Other Services