

BECOME A HEALTHIER, HAPPIER FAMILY IN 2023

Come along to our fun, free healthy lifestyles courses and you will learn:



Sign up for your family's **FREE** place at beezebodies.com/families



or scan me with
your smartphone
camera

Monday	Tuesday	Wednesday
GLOUCESTER Quedgeley Methodist Church GL2 4NE 17:00 - 19:00	GLOUCESTER GL1 Leisure Centre GL1 1DT 16:30 - 18:30	COLEFORD The Main Place GL16 8RH 16:30 - 18:30

11 week BeeZee Families courses starting in
Gloucester and Forest of Dean from January 16th 2023

*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Gloucester or the Forest of Dean and include one child aged 5-15 who is above their ideal healthy weight.