

HEY, FAMILIES OF BIRMINGHAM!

Want to make healthy habits together as a family (and have fun doing it?)

We are BeeZee Bodies, and we're here to help improve your family's health and wellbeing. Our team are experts at engaging kids around healthy eating and healthy habits (*we've even won awards to prove it!*) and now we're offering support to families in Birmingham for FREE!

FREE SERVICES AVAILABLE IN BIRMINGHAM



Self guided online learning

BeeZee Academy

An online portal full of healthy living resources to help you learn about healthy lifestyles at a time that works for you.



12 week online course

BeeZee Families Live

Fun, interactive webinars led by our expert nutritionists to help your family create healthy habits and routines at home.



Community groups

BeeZee Families

Join us in your local community to learn about healthy living; including cooking lessons and activity sessions.



One-to-one support

BeeZee Lite

A one hour chat with us, to support you with a specific challenge around maintaining healthy habits at home.

WHO IS ELIGIBLE?

Families with at least one child who is 5-15 years old, has a BMI > 91st centile and lives/goes to school/is registered with a GP in Birmingham...but the whole family is encouraged to participate together!

SIGN UP TODAY AT
[BEEZEEBODIES.COM/FAMILIES](https://www.beezeebodies.com/families)



“ I think BeeZee Families is great and totally worth your time! I became a lot healthier and discovered I love playing Basketball! ”

PRABHUV

