

HEY, FAMILIES OF BIRMINGHAM! WANT TO LIVE A HEALTHIER LIFESTYLE?

JOIN OUR FREE, FUN, FAMILY-FOCUSED COURSES
TO HELP YOU AND YOUR CHILDREN MAKE
HEALTHY HABITS FOR LIFE!



BeeZee Families

www.beezeebodies.com/families 03308 186308



KICK OFF THE NEW SCHOOL YEAR WITH HEALTHY HABITS AT OUR FREE FAMILY WEIGHT MANAGEMENT GROUPS!

NEW COURSES START W/C 26TH SEPTEMBER 2022 FOR 12 WEEKS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
KINGS NORTON SOUTH Kings Norton Boys School 17:30 - 19:30	BORDERSLEY GREEN Saltley Wellbeing Centre 17:00 - 19:00	SPARKBROOK The Concord Centre 15.30-17.30	ERDINGTON St Edmund Campion 17:30 - 19:30
CASTLE VALE The Sanctuary 18:00 - 20:00	HANDSWORTH Handsworth Leisure Centre 17:00 - 19:00	HODGE HILL Welcome Change Community Centre 17:00 - 19:00	SMALL HEATH St Cyprians Memorial Hall 17:00 - 19:00



SIGN UP FOR FREE ON OUR WEBSITE

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