

BECOME A HEALTHIER, HAPPIER FAMILY IN 2023

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



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



or scan me with
your smartphone
camera

Monday	Tuesday	Wednesday	Thursday
WALTHAMSTOW Peterhouse Community Centre E17 3PW 17:00 - 19:00	LEYTON Leyton Cricket Ground E10 6RJ 17:30 - 19:30	WALTHAMSTOW Walthamstow Primary Academy E17 5DP 17:00 - 19:00	WALTHAMSTOW Walthamstow School for Girls E17 9RZ 17:30 - 19:30
ONLINE 5 - 8 years 17:30 - 18:30 9 - 12 years 18:30 - 19:30	ONLINE 5 - 8 years 18:00 - 19:00	ONLINE 9 - 12 years 17:30 - 18:30	

Our 11-week BeeZee Families programme starts the week of **January 16th** in venues across Waltham Forest

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