



# HEALTHY SNACKING MASTERCLASS

**MONDAY 22ND NOVEMBER AT 12:30PM**

A fun, free, family-focused masterclass on all things healthy snacking.

Aimed at families with children aged 11 and under, the session will include how to build a balanced snack and give you practical tips you can use with your family.

Come along and get support from a team of Registered Nutritionists at BeeZee Bodies, who have worked with hundreds of families and are here to support you to make sustainable changes!

**SIGN UP FOR FREE!**

