

# HEY, FAMILIES OF STEVENAGE

JOIN OUR FREE HEALTHY LIFESTYLES COURSES TO MAKE  
HEALTHY HABITS TOGETHER, AND HAVE FUN DOING IT!

THE OVAL COMMUNITY CENTRE, SG1 5RA  
WEDNESDAYS 17:30 – 19:30

For 12 weeks  
From Wednesday 20<sup>th</sup> September 2023

To be eligible for a free place, your family must live/go to school/be registered with a GP in Hertfordshire and include one child aged 5-15 who is above their ideal healthy weight.



Healthy eating



Fun activities



To sign up for your family's **FREE** place...



[beezeebodies.com/families](https://beezeebodies.com/families)



01707 248648

or scan me with  
your smartphone  
camera

