

# HEY, FAMILIES OF THURROCK!

## 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](http://www.beezeebodies.com/families) 03308 186308



 [thurrock.gov.uk](http://thurrock.gov.uk)

# 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
AGE 5-8	ONLINE 17:30 - 18:15	ONLINE 16:30 - 17:15	
AGE 9-12	ONLINE 18:30 - 19:15	ONLINE 17:00 - 17:45	ONLINE 17:00 - 17:45

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



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