



We're here to help your family

make healthy habits fun



Join our **FREE**, 12-week healthy lifestyle programme to help your family build habits around food and physical activity. Our in-person group sessions start on:

Date: Tuesday 21 Jan 2025

Time: 17:30 - 19:30

Venue: Hobletts Manor Junior School, Hemel Hempstead, HP2 5JT

Or you can join us online!



hrt.maximusuk.co.uk

Sign up for your
FREE PLACE today

@ BZBinfo@maximusuk.co.uk

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Hertfordshire