



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:

Time:

Venue:

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