

Sign up to Beezee Families today for FREE, fun-filled, healthy lifestyle support. Our award-winning programme has helped hundreds of families, just like yours.

How can we help your family? By signing up you can:

Get expert support and practical tips from our nutritionists

Start making healthy lifestyle changes as a family

Discover delicious and nutritious meals

Find fun ways to get more active

## Find support that works for your family





Log in for 10 weeks of online group sessions, plus 2 check-in calls



Learn at your own pace by enrolling onto the Academy

You can get FREE goodies during in-person and online programmes





Sign up for your

FREE PLACE

today





HelloOxfordshire@maximusuk.co.uk



