

Beezee is proud to be offering free healthy living courses for people in Oxfordshire. Our team of nutritionists and behaviour change experts focus on helping people to make long-lasting healthy habits.

This service will be taking over from Achieve Oxfordshire, delivered by Thrive Tribe, from 1st September 2024.

From 1st September, you will be able to refer patients using the new Beezee in Oxfordshire website oxf.maximusuk.co.uk. Until then, you can continue to refer patients through Achieve Oxfordshire to add them to our waiting list.

How do our services help people?

Beezee **FAMILIES**

- Ideal for 5 –15 year-olds and their families, we're here to make learning about health fun.
- 12 weeks of free, family-focused sessions, with practical advice and engaging activities.
- Expert tips on nutritious snacks, quick and easy meals, and getting active as a family.
- Families can join us for in-person or online groups sessions, or enrol in the Academy to learn at their own pace for 6 months.

Beezee **ADULTS**

- A programme for people aged 18+, designed to help them lose weight in a healthy way and keep it off for good.
- Our expert team help people make small, realistic changes.
- In person and online group sessions available – people can find support that's right for them.

Alternative services include:

- Slimming World and Weight Watchers 12-week vouchers.
- 12-week online programme exclusively for men.

Get in touch today
to find out more.

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