



BeeZee Bodies

Are you
concerned
about your child
being overweight?

Beezee Bodies is a 16 week Family Weight Management programme including Physical Activities, Healthy Eating & Health Specialist sessions each week.

Individual programmes for 7-11 years & 12-15 years

Activities include Boxercise, Basketball, Streetdance, Swimming, Fruit Smoothies, Cooking, Girls Pamper Night, Lads Games Night.

Also practical advice and support for parents.

DUNSTABLE April 2012

For more information and to sign up, please visit our website

www.beezeebodies.co.uk

Alternatively, call Helen Mayhew on 01234 227276

or email: helen.mayhew@bedford.gov.uk

There are a limited number of places so call ASAP



BEDFORD
BOROUGH COUNCIL