



ARE YOU WORKING WITH A CHILD OR  
FAMILY WHO COULD DO WITH SOME  
SUPPORT MAKING HEALTHY HABITS?

## FREE Family Weight Management Services in Gloucester & Forest of Dean

Gloucestershire County Council has funded our award-winning healthy lifestyles support for children and young people in Gloucester City and Forest of Dean. We run 12 week community group programmes, online courses and 1:1 consultations to suit the family's requirements.

Our team of family nutritionists are experts at engaging children around healthy eating and fun exercise, and use behavioural science to help both parents and children turn healthier choices into habits for a healthier, happier life!

\*eligibility criteria applies, see website for details

**IT'S QUICK AND EASY TO MAKE A REFERRAL!**

➤ [beezeebodies.com/refer](https://beezeebodies.com/refer)

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