



# We're here to help your family make healthy habits fun

Join our **FREE**, 8-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!



[glo.maximusuk.co.uk](https://glo.maximusuk.co.uk)

Sign up for your  
**FREE PLACE** today



[hellogloucestershire@maximusuk.co.uk](mailto:hellogloucestershire@maximusuk.co.uk)



**01452 717009**



**Gloucestershire**  
COUNTY COUNCIL