

HEY, FAMILIES OF ST ALBANS

JOIN OUR FREE HEALTHY LIFESTYLES COURSES TO MAKE HEALTHY HABITS TOGETHER, AND HAVE FUN DOING IT!

CAMP PRIMARY SCHOOL, AL1 5PE
TUESDAYS 17:30 - 19:30

For 12 weeks
From Tuesday 19th September 2023

To be eligible for a free place, your family must live/go to school/be registered with a GP in Hertfordshire and include one child aged 5-15 who is above their ideal healthy weight.



Healthy eating



Fun activities



Making healthy habits at home!

To sign up for your family's **FREE** place...



beezebodies.com/families



01707 248648

or scan me with
your smartphone
camera

