



Hey you!

Want to invest in your health and wellbeing?

Sign up to B•YOU(th) – a free programme to help you achieve your health goals.

Our 10-week programme starts on:

Date: 15th January 2024

Time: Starts at 17:30 and finishes 18:30

Venue: Cottonmill Community and Cycling Centre, St. Albans, AL1 2EF



Or start your journey today with online support!

Open to 13-17-year-olds only, check our website for details.

For alternative formats, email marketing@maximusuk.co.uk quoting X22-2027

