



Hello, Parents & Guardians! We are BeeZee Bodies, and we work with Gloucestershire County Council to provide FREE (and FUN!) healthy lifestyles support for families across Gloucester and Forest of Dean.

Join our fun, free, family-focused (*oh, and did we mention award-winning?!*) healthy lifestyles course, **BeeZee Families**.

Aimed at 5-15 year olds and their families, the course covers topics from healthy snacking, balanced meals, portion size and keeping active together.

Our team of family nutritionists are experts at engaging children around healthy eating and fun exercise, and have plenty of tricks to help you and your kids turn a good behaviour into a healthy habit for life!

BeeZee Families groups run termly in Gloucester & Forest of Dean and begin in January, April and September.

Kids will cook healthy meals, take part in fun games and sports, and make loads of friends!

Parents are supported by our team to handle conflict resolution, and benefit from the support network of likeminded families.

### GET ON THE WAITING LIST!

Just go to [beezeebodies.com/families](https://beezeebodies.com/families) (or scan the QR code!) to find out more.



\*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Gloucester or Forest of Dean and include one child who is above their ideal healthy weight.



 [beezeebodies.com/families](https://beezeebodies.com/families)

  BeeZee Families

 01452 717262



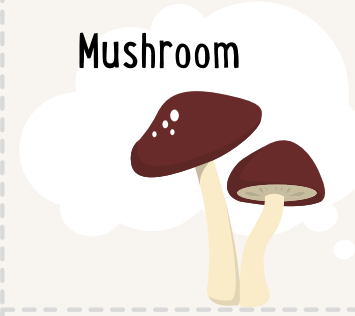
# AUTUMN BINGO!

GO FOR A NICE WALK AND SEE HOW MANY OF THESE THINGS YOU CAN FIND!

Squirrel



Mushroom



Conkers



Hot chocolate



Spider's Web



Autumn leaves



Pumpkin



Muddy paws!



Someone wrapped up warm

