

# HEY, FAMILIES OF HERTFORDSHIRE WANT TO LIVE A HEALTHIER LIFESTYLE?



JOIN OUR FREE, FUN, FAMILY-FOCUSED COURSES  
TO HELP YOU AND YOUR CHILDREN MAKE  
**HEALTHY HABITS FOR LIFE!**



KICK OFF THE NEW SCHOOL YEAR WITH HEALTHY  
HABITS AT OUR FREE FAMILY WEIGHT MANAGEMENT  
GROUPS!

NEW COURSES START W/C 26TH SEPTEMBER 2022 FOR 12 WEEKS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>BOREHAMWOOD</b> Allum Hall WD6 3PJ 17:00 - 19:00	<b>STEVENAGE</b> Barnwell Middle School SG2 9XT 17:30 - 19:30	<b>HODDESDON</b> St. Cuthberts Church 17:30 - 19:30	<b>WATFORD</b> Knutsford Primary WD24 7ER 17:30 - 19:30
<b>WELWYN GARDEN CITY</b> Ridgeway Academy AL7 2AF 17:00 - 19:00	<b>HEMEL HEMPSTEAD</b> Hobletts Manor Junior School HP2 5JS 17:30 - 19:30		<b>HITCHIN</b> Ickleford Primary School SG5 3GT 18:00 - 19:30
	<b>ST ALBANS</b> Camp Primary & Nursery School AL1 5PE 17:30 - 19:30		



SIGN UP FOR FREE ON OUR WEBSITE

\*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Hertfordshire and include one child age 5-15 who is above their ideal healthy weight.