

# FAMILY WEIGHT MANAGEMENT SUPPORT

We are BeeZee Bodies, and we are here to help families in Hertfordshire lead healthier lives! We are commissioned by Hertfordshire County Council to provide these weight management intervention programmes for free.

## SERVICES AVAILABLE IN HERTFORDSHIRE



### Under 5 courses HENRY

An online or in-person course full of healthy living information to help parents provide a healthy start for their child.



### 12 week online course BeeZee Families Live

Fun, interactive webinars led by our expert nutritionists to help families create healthy habits at home.



### Community groups BeeZee Families

Award-winning in-person programmes, including cooking lessons and activity sessions.



### One-to-one support BeeZee Lite

A one hour, 1:1 appointment to address specific challenges around maintaining healthy habits at home.

## ARE YOU WORKING WITH A FAMILY WHO COULD BENEFIT FROM SOME WEIGHT MANAGEMENT SUPPORT?

[Just fill in the form at \[beezeebodies.com/refer-a-client\]\(https://beezeebodies.com/refer-a-client\)](https://beezeebodies.com/refer-a-client)

We'll get in touch with the family directly to discuss which options may work best for them and get them booked on.

We will need: the child's name & date of birth, and the parent/carer's contact details and permission for us to contact them.

### WHO IS ELIGIBLE?

Families with at least one child who:

- is 5-15 years old
- has a BMI > 91st centile
- Lives/goes to school/is registered with a GP in Hertfordshire  
...but the whole family is encouraged to participate together!