



Dear Parent/Carer,

We hope you are well.

We would like to introduce you to BeeZee Bodies! We are funded by Brent council to provide you with our FREE award-winning healthy lifestyle programmes. Our nutritionists will be running fun-filled family focused sessions packed with exciting activities and practical healthy eating, exercise, and well-being advice to help you feel great and live your best life! You will also get a chance to receive tailored advice for you and your families and our dedicated team of nutritionists and behaviour change experts will work with you to make changes in a way that best suits you.

Over our **12-week BZ Families programme**, children aged between 5- 16 years old, and their families will get a chance to get involved in weekly FUN interactive healthy lifestyle presentations as well as FUN sports activities run by professional sports coaches at our sessions that take place **after school**.

Our next rotation is **starting on May 8th, 2023**, across 4 local schools in Brent and we would love to have you there!

If you are interested in learning about different aspects of a healthy lifestyle and have a child who is above the healthy weight range, then we would love to see you there! Our sign-up process is simple – use the QR code below to check if you meet the eligibility criteria and complete a quick form on our website and one of our referral coordinators' will be in touch with you shortly.

If you have any further questions or would like to discuss our programmes further, please do not hesitate to contact us on the email below.

Best wishes,

Mharoughe, Sarah-Leen and Sally

(Nutritionists in Brent)

Scan to refer or



call [03308186308](tel:03308186308)

Contact us: sarahbeaini@beezeebodies.co.uk