

Ready to make new habits as a family?

Come along to our fun and free healthy lifestyle courses!



12-week Beezee Families courses starting

Monday

Tuesday

Wednesday

Thursday



Healthy eating tips



Small changes that make a big difference



Fun activities for the whole family



Places are limited, so get in touch with us today.

Sign up for your family's FREE place at

healthyhounslow.co.uk



Our programmes are for children above their ideal weight, see our website for more information.

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