



You don't need a new year to start new habits

Start small, start now!

Sign up to one of our free healthy lifestyle services today to kickstart your health goals for 2025 and beyond.

Beezee **FAMILIES**

- Free, fun, family-focused support
- Learn about healthy eating
- Get moving more
- Connect with other families
- One-to-one support also available!

Beezee **YOUTH**

- 13-17 year olds can talk about topics that matter to them
- Learn about physical, mental and social wellbeing
- Get free health resources
- Join a safe space.



- Free support for families with children aged 0-5 years
- Explore parenting and healthy lifestyle tips
- Chance to make new friends
- Free toolkit provided.



hrt.maximusuk.co.uk

Start making
healthy habits TODAY



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