

HELLO!

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

SERVICES AVAILABLE IN WALTHAM FOREST



Self guided online learning BeeZee Academy

An online portal full of healthy living resources to help families learn about diet, nutrition, exercise and more.



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

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 Waltham Forest

...but the whole family is encouraged to participate together!