



Ready to turn over  
a **NEW** leaf?



**Beezee**  
*by maximus*

Sign up to one of our **FREE** healthy lifestyle services today to start your journey.



**Beezee** **FAMILIES**

- Free, fun, family -focused support
- Learn about healthy eating
- Get moving more
- Connect with other families.


**Beezee** **ADULTS**

- Free weight loss to help you unlock the power of habits
- Make small, realistic, changes that last
- No need to give up the things you love!

**Beezee** **YOUTH**

- 13-17 year olds can talk about topics that matter to them
- Build confidence
- Get expert support
- Join a safe space.

**Gutless**

- Free weight loss course for men
  - Evidence-based support to help you get healthier and fitter
  - Make long-lasting changes
  - Take charge of your health.
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# We be-leaf in you!



OXFORDSHIRE  
COUNTY COUNCIL

Our team are here to support you make healthy changes that last for GOOD. We'll focus on making small changes that work for you.

Ready  
to get  
started?

Start your health  
journey today



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