

Starting something new

doesn't have to be SCARY!

We run Beezee Adults, Gutless, Beezee Youth, and Beezee Families. These **FREE** programmes help people of all ages make healthy habits for life by:

Understanding
what healthy eating
actually means

Discovering
the joy of
moving more

Feeling safe in
a judgement-free
environment

**No tricks, no treats.
Just small changes that work!**



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COUNTY COUNCIL**