

# HELLO!

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

## SERVICES AVAILABLE IN ENFIELD



### 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 \[beezeebodies.com/refer-a-client\]\(https://beezeebodies.com/refer-a-client\)](https://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 Enfield

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