

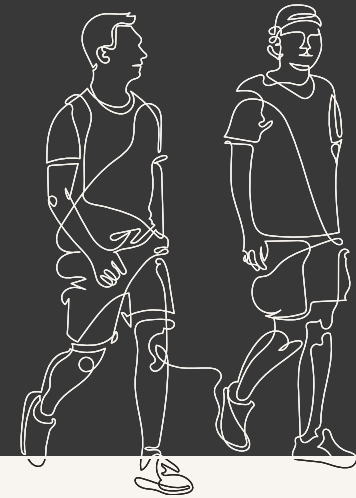
BE KIND.  
BE HEALTHY.  
BE INSPIRING.

**B** YOU<sup>th</sup>



JOIN B-YOU(th) AND CONNECT WITH OTHER YOUNG PEOPLE LIKE YOU WHO WANT TO INVEST IN THEIR HEALTH & WELLBEING.

TOGETHER, WE'LL SUPPORT EACH OTHER TO BE YOUR BEST YOU!



### WHAT IS B-YOU(th)?

At BeeZee Bodies, we run free healthy lifestyles courses for kids and adults. But we get that the things that 5 year olds want to know, are very different from the things 50 year olds want to know! So, with the help of young people like you, we created B•YOU(th) – a place for 13-17 year olds to discuss the health & wellbeing topics that matter to them.

### WHAT WE HAVE TO OFFER:

- 1:1 support to help you achieve your goals
- 10 week programme
- Sessions run in a friendly and relaxed environment
- Personalised action plan to work on
- Weekly sessions including fun and engaging ways to learn about health and wellbeing
- Learn how to support yourself and others with health and wellbeing
- Unique opportunities to get involved with local events and projects, including planning and taking part in a local music festival!

If you are age 13-17 and live or go to school in Hertfordshire, you can join one of our groups for **free!** We will meet once a week for 10 weeks starting week commencing 18th April.

**Hertford** – Tuesdays 17:00 - 19:00 – Hertford Wellbeing Hub SG14 2HN

**Watford** – Thursday 17:00 - 19:00 – Leavesden Green Community Hub WD25 0BW

**North Herts** – Wednesday 17:00 - 19:00 – Symonds Green Community Centre SG1 2JW

**SIGN UP ONLINE TO JOIN A B-YOU(th) GROUP NEAR YOU! [www.beezeebodies.com/teens](http://www.beezeebodies.com/teens)**