

HEY, FAMILIES OF CINDERFORD AND THE FOREST OF DEAN

JOIN OUR FREE HEALTHY LIFESTYLES COURSES TO MAKE HEALTHY HABITS TOGETHER, AND HAVE FUN DOING IT!

The Wesley Community Centre

Cinderford GL14 2AA

WEDNESDAYS 17:00 – 19:00

For 12 weeks

From Wednesday 10th May 2023

To be eligible for a free place, your family must live/go to school/be registered with a GP in Gloucester or the Forest of Dean and include one child aged 5-15 who is above their ideal healthy weight.



Healthy eating



Fun activities



To sign up for your family's **FREE** place...



beezeebodies.com/families



01452 717262

or scan me with
your smartphone
camera

