

Beezee
ADULTS



Want to feel supported on your weight-loss journey?

Join our **FREE**, 12-week healthy lifestyle programme to help you lose weight and keep it off. No diets here, just small, realistic, changes. Our in-person group sessions start on:

Date:

Time:

Venue:

Or you can join us online!



bhb.maximusuk.co.uk

Sign up for your

FREE PLACE today



bobicb-bucks.bhb@nhs.net



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Be 
Healthy
Bucks