

Want to help people feel healthier and happier?

Refer a person to Beezee Adults today. It's a **FREE**, healthy lifestyle programme, designed to help people make small, realistic changes and develop healthy habits. We'll find support that's right for them. They can:



Join us for
12 weeks of
in-person support



Log in for 10 weeks
of online group
sessions, plus 2
check-in calls



Learn at their own
pace by enrolling
onto the Academy



bhb.maximusuk.co.uk

Refer today



bobicb-bucks.bhb@nhs.net



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Be 
Healthy
Bucks