

BARRER .

Ready for your family to feel healthier and happier?

Sign up for our FREE and fun healthy lifestyle programmes in-person or online. Our programmes start on:

Date:	W/c 15th January 2024 for 12 weeks
Time:	Mondays from 17:00 to 19:00
Venue:	Ridgeway Academy, Welwyn Garden City, AL7 2AF
	CR you can join our 12-week online programmes!

Eligibility criteria applies, check the website for details. For alternative formats, email marketing@maximusuk.co.uk quoting X22-2012

