



HELLO, PARENTS & GUARDIANS! WE ARE BEEZEE BODIES, AND WE WORK WITH WALTHAM FOREST COUNCIL TO PROVIDE FREE (AND FUN!) HEALTHY LIFESTYLES SUPPORT FOR FAMILIES.

WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER?

GOOD NEWS! WE HAVE NEW GROUPS STARTING NEAR YOU IN JANUARY. CLICK BELOW TO SIGN UP FOR YOUR FAMILY'S FREE PLACE!*

CLICK HERE OR SCAN THE QR CODE WITH YOUR SMARTPHONE CAMERA TO SIGN UP FOR YOUR FAMILY'S FREE PLACE



Monday	Tuesday	Wednesday	Thursday
WALTHAMSTOW Peterhouse Community Centre E17 3PW 17:00 - 19:00	LEYTON Leyton Cricket Ground E10 6RJ 17:30 - 19:30	WALTHAMSTOW Walthamstow Primary Academy E17 5DP 17:00 - 19:00	WALTHAMSTOW Walthamstow School for Girls E17 9RZ 17:30 - 19:30
ONLINE 5-8 years 17:30 - 18:30 9-12 years 18:30-19:30	ONLINE 5-8 years 18:00 - 19:00	ONLINE 9-12 years 17:30 - 18:30	

*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in the London Borough of Waltham Forest and include one child who is above their ideal healthy weight.

CHRISTMAS CRAFTY SNACKS

Get in the festive spirit by making these creative Christmas treats! loads of fun to make and healthy too!

ROCKIN STRAWBERRY ROBINS



What you'll need:

- Strawberries
- Chocolate
- Edible eyes
- Yellow icing

What to do:

1. Melt the chocolate in the microwave or on the stove
2. Remove the stalk of the strawberry, but keep the leaves
3. Dip the strawberry in the melted chocolate, leaving a patch for the robin's red breast!
4. Leave to set
5. Use the icing to stick on the edible eyes, and create a beak

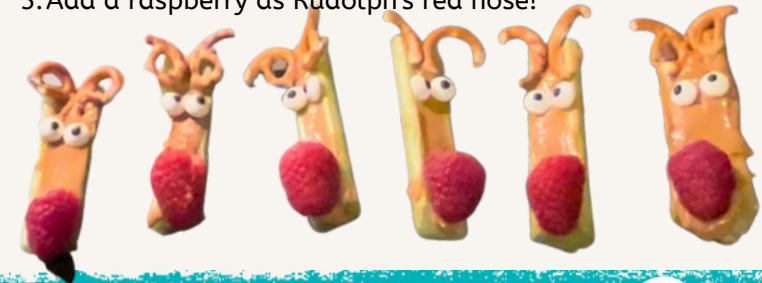
RUDOLPH'S CELERY SNACKS

What you'll need:

- Celery
- Raspberries
- Pretzels
- Cashew butter (or alternative spread of choice)
- Edible eyes

What to do:

1. Cut celery into 8cm sticks
2. Fill celery with cashew butter
3. Snap a pretzel in half and use as antlers
4. Pop on a pair of edible eyes
5. Add a raspberry as Rudolph's red nose!



beezeebodies.com

BeeZee Families

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