

We're here to help your family

make healthy habits fun

Join our **FREE**, 12-week healthy lifestyle programme to help your family build habits around food and physical activity. Our in-person group sessions start on:

Date:

Time:

Venue:

Or you can join us online!



[oxf.maximusuk.co.uk](https://oxf.maximusuk.co.uk)

Sign up for your  
**FREE PLACE** today



[HelloOxfordshire@maximusuk.co.uk](mailto:HelloOxfordshire@maximusuk.co.uk)



**03332 208 952**



**OXFORDSHIRE  
COUNTY COUNCIL**