

Hello, Parents & Guardians!



We are BeeZee Bodies, and we work with Hertfordshire Council to provide FREE (and FUN!) healthy lifestyle support for families.* We run [BeeZee Families](#) courses after school across Hertfordshire. Please see our timetable below for venues, dates and time. Come along for free!

Sign up for your family's free spot today!
Scan the QR code
or visit: www.beezeebodies.com/for-families



INFINITY BREATHING

You and your child may be going through a lot of change this week by returning to school or even starting a new school. Breathing exercises is one of the best tools to reduce anxiety.

Using your finger, slowly follow the line of the infinity loop. Take a deep breath in as your finger follows the right hand side, then breathe out as your finger follows the left hand side.

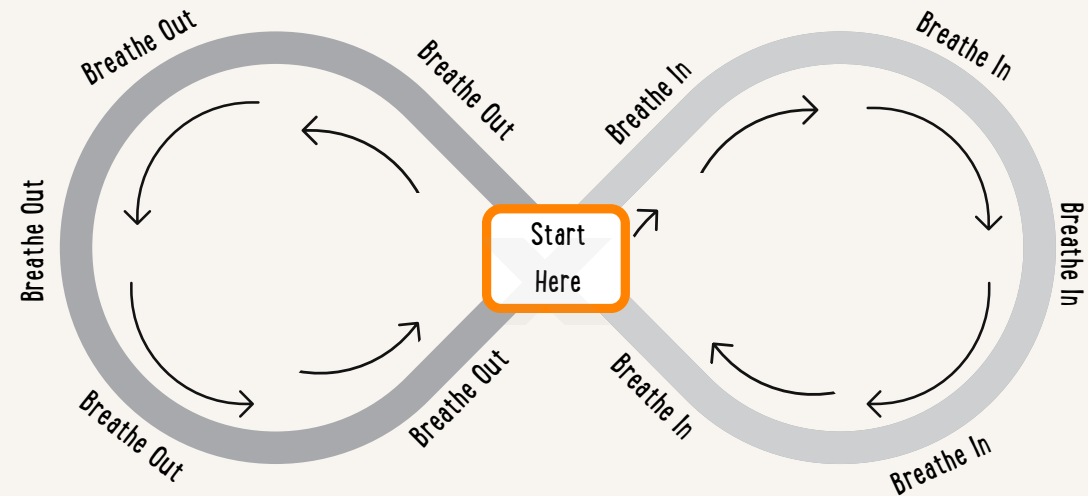
Aim to take 3 to 4 seconds to complete each half of the loop. Repeat this loop 7 times, focusing on your finger as you do so.

Monday	Welwyn Garden City Ridgeway Academy AL7 2AF 17:00 – 19:00	Waltham Cross Hurst Drive Primary School EN8 8DH 17:45 – 19:30
Tuesday	St. Albans Camp Primary School AL1 5PE 17:30 – 19:30	Hertford Pinehurst Community Centre SG13 7SX 17:30 – 19:30
Wednesday	Watford St. Meryl School WD19 5BT 17:30 – 19:30	Stevenage The Oval Community Centre SG1 5RA 17:30 – 19:30
Thursday	Hemel Hempstead Hobletts Manor Junior School HP2 5JT 17:30 – 19:30	Borehamwood Meryfield Primary School WD6 4PA 17:30 – 19:30

Or you can join our free online programme. Visit our website:
www.beezeebodies.com/programs/families-live

BeeZee Live times

5-8 yrs Tuesday 4:30pm	9-12 yrs Tuesday 5:00pm
5-8 yrs Monday 5:30pm	9-12 yrs Tuesday 6:30pm
9-12 yrs Monday 6:30pm	



*To be eligible for this awesome free service, your family must live/go to a school in Hertfordshire and include one child who is above their ideal healthy weight.



[beezeebodies.com](http://www.beezeebodies.com)

BeeZee Families

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