



## Hello Parents & Guardians!

We are BeeZee Bodies, and we work with The London Borough of Hounslow to provide FREE (and FUN!) healthy lifestyle support for families.

We run [BeeZee Families](#) courses after school across Hounslow, or you could join our online courses instead. We have new groups beginning in May.\*

You can also enrol in the [BeeZee Academy](#), our FREE self-paced online learning platform full of useful information and tips on how to make your family healthier.

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



This April at BeeZee Bodies we are really excited to tell you about our new partnership as we launch the borough's new health and wellbeing service. Healthy Hounslow will replace the existing One You Hounslow as the borough's healthy lifestyle service in April. To launch the new service, Hounslow Council has partnered with Hounslow and Richmond Community Healthcare NHS Trust, Feltham and Bedfont Primary Care Network, More Life, Lampton Leisure and BeeZee Bodies.

## April is... Stress Awareness Month



Stress is a very common human response when we are feeling overwhelmed by physical, mental or emotional pressure. It's important to try to manage our stress so that it doesn't build up and cause longer-term issues. This April is Stress Awareness Month. We are encouraging everyone to #ACT (Action Changes Things). Choose one action that you and your family can do to support your physical, mental or emotional health and reduce your stress.

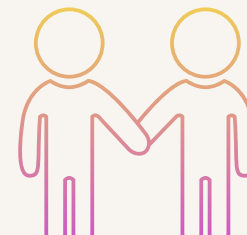
## What can we do to help manage our stress?



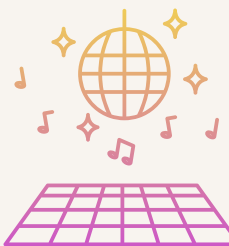
Try taking a few deep breaths or follow a guided meditation



Enjoy a healthy, balanced diet including a wide variety of different foods



Connect with family and friends



Dance it out! Listen to your favourite music and have a boogie.



Go for a family walk



Take a social media break

Find out more at [www.stress.org.uk/national-stress-awareness-month/](http://www.stress.org.uk/national-stress-awareness-month/)

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



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

BeeZee Families

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