



Hello, Parents & Guardians!

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

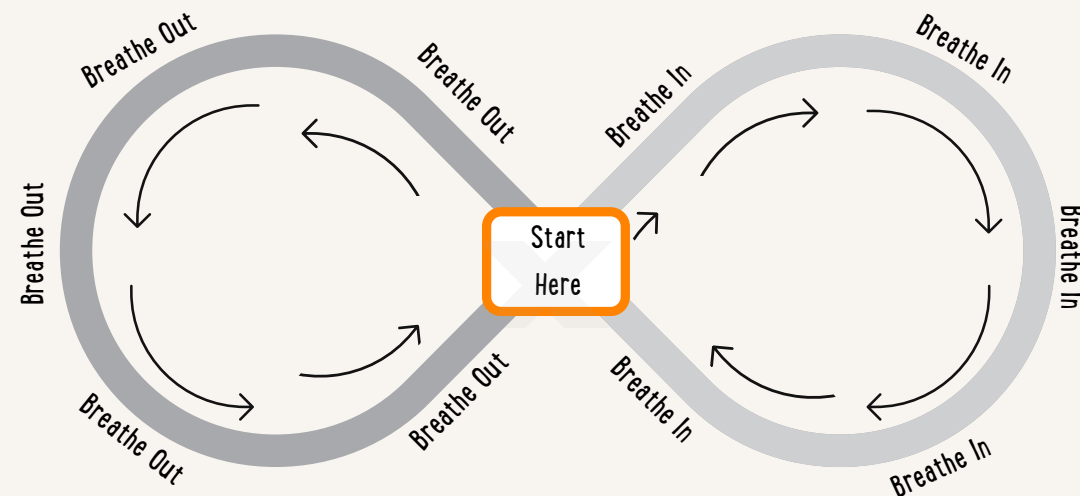


INFINITY BREATHING

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.



Sign up for your family's free spot today!

Scan the QR code

or visit: www.beezeebodies.com/for-families

Tuesday	Chiswick Town Hall, Heathfield Terrace, W4 4JN	5-7pm Ages 5-15 years
Wednesday	Lampton School, Lampton Avenue, Hounslow, TW3 4EP	5-7pm Ages 5-15 years
Thursday	Marjory Kinnon School, Hatton Road, Feltham, TW14 9QZ	5-7pm Ages 5-15 years

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 Hounslow and include one child who is above their ideal healthy weight.