

FREE Healthy Lifestyle support for families in Hertfordshire

Our **FREE 12 week in-person programme**
starts on 14th Sept 2026, with an intro call beforehand



Monday	Tuesday	Wednesday	Thursday
WATFORD Leavesden Green Community Hub WD25 0BW 5:00 - 7:00pm	CHESHUNT Oakview Primary School EN7 6LB 5:00 - 7:00pm	STEVENAGE Oval Community Centre SG1 5RD 5:00 - 7:00pm	** NO SESSION **
** NO SESSION **	HEMEL HEMPSTEAD Hobletts Manor Junior School HP2 5JS 5:00 - 7:00pm	BOREHAMWOOD St Michael's & All Angels Church Hall WD6 5EQ 5:00 - 7:00pm	** NO SESSION **
ONLINE (10 weeks) (ages 5 - 8) 5:30 - 6:30pm (ages 9 - 12) 6:30 - 7:30pm	ONLINE (10 weeks) (ages 5 - 8) 5:30 - 6:30pm (ages 9 - 12) 5:30 - 6:30pm	ONLINE (10 weeks) (ages 9 - 12) 5:30 - 6:30pm	** NO SESSION **

24-0547



Scan to find our online timetable!

@ hellohertfordshire@maximusuk.co.uk

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Our programmes are for children above their ideal weight, see our website for more information.

