

Do you need help to achieve a healthy weight for your children?

Be Your Best is a **FREE** service for Surrey families with children aged 0-11yrs.

The Be Your Best programme offers both targeted and universal support, and is all about helping your family by supporting you to eat better and move more.

Eligible families will be offered 6 1:1 virtual nurse led consultations with community nurses and have access to 6 virtual, fun and educational workshops.

Sessions include:

- Live cooking workshops
- Interactive supermarket tours
- Family Physical Activity Sessions
- Meal planning for the whole family
- Reducing anxiety and screen time
- How to become an active family



For more information please visit www.bybsurrey.org or email beyourbest@surreycc.gov.uk or call 07972 188697