Beezee
by maximus



Ready to unlock the secrets of healthy eating on a budget?

Date: Wednesday 30 July **Time:** 6pm-7pm

Join us for a FREE one-hour workshop to get practical tips from our nutritionists. During your time with us you can:

- Discover low-cost healthy swaps
- Understand the importance of meal planning
- Get tips to stick to your shopping list and budget
- Learn about different cooking methods
- Ask questions and get free resources!

Secure your FREE spot today

hrt.maximusuk.co.uk/events

BZBinfo@maximusuk.co.uk

01707 248648

Hertfordshire