

A helping hand for a healthier family

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

Be Your Best is a **free** service for Surrey families with children aged 0-12 who are above the healthy weight range.

We can help you make a positive difference to your child's health and wellbeing.

Families will be offered
6 one-to-one sessions and
6 online group sessions.

Sessions include:

- Live cooking workshops
- Interactive supermarket tours
- Meal planning for the whole family
- Reducing anxiety
- Managing screen time
- How to become an active family
- Importance of sleep



One-to-one sessions:

Consist of home visits and take place at a mutually agreed time.

Group sessions:

Tuesdays or Thursdays
4 - 5.30pm via Zoom

Family Fit sessions:

Wednesdays 4.30 - 5pm
via Zoom

**For more information, visit www.bybsurrey.org
or email us at BeYourBest@surreycc.gov.uk.**