



A helping hand for a healthier family

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 0-12yrs.

The Be Your Best programme is all about helping your family by supporting you to eat better and move more.

Eligible families will be offered 6 one-to-one nurse sessions and 6 online group sessions.



Sessions include:

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

Time:

- Nurse sessions; mutually agreed time
- Group sessions; Tues OR Thurs (4 - 5.30pm)
- Family Fit; Saturdays (10 - 10.40am)

Venue: nurse sessions will consist of home visits and virtual sessions. All group sessions will take place online, via Zoom.

If you have concerns over your child's weight, visit BYBsurrey.org or email us at BeYourBest@surreycc.gov.uk

