

# 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 nurse 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



## **Nurse 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:**

Saturdays  
10 - 10.40am via Zoom

**For more information, visit [www.bybsurrey.org](http://www.bybsurrey.org)  
or email us at [BeYourBest@surreycc.gov.uk](mailto:BeYourBest@surreycc.gov.uk).**