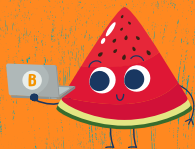




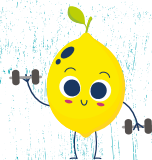
Ready, set, go!

It's time for your family's health action plan

Sign up for a **FREE**, one-hour appointment with our Wellbeing Co-ordinator, for:



Expert guidance and practical lifestyle tips



Setting family health goals



Making a health action plan

You will also get a free half-hour follow-up call one month later.



hrt.maximusuk.co.uk

Sign up for your **FREE**

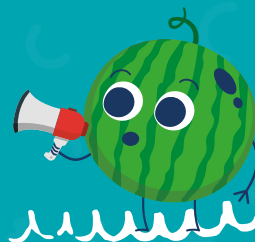
appointment today



BZBinfo@maximusuk.co.uk



01707 248648



Hertfordshire