



LOSE-IT

WEIGHT LOSS PROGRAM

HEALTHY HABITS AND EXPERT SUPPORT

Lose-It is a unique program that incorporates life skills, support, accountability, and personal training to assist each person to reach their goals. Lose-It gives participants the foundation of learning in nutrition and exercise to improve health and wellness.

JOIN US FOR THE NEXT 16-WEEK SESSION!

BEGINS: March 19, 2024

DAY/TIME: Tuesdays at 3:00 PM

COST: \$450

Lose-It is a 16 week course and participants must be willing and able to attend all meetings to your best ability.

Program Includes:

- Weekly sessions that focus on reinforcing habits, nutrition, and accountability.
- (10) 30-minute sessions with a personal trainer.
- (2) Life Coaching sessions.
- Metabolic Testing



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