

GET HEALTHIER BE STRONGER SEE PROGRESS



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



LOSE IT!

A 12-week YMCA
Weight Loss Program

**Begins
February 5th**

Choose from
2 class times:

11 AM-Noon OR
6:30 PM –7:30 PM

**Y MEMBERS \$190
Non-Members \$340**

- ⇒ Accountability
- ⇒ Healthy Eating
- ⇒ Physical Activity
- ⇒ Weekly Goal Setting
- ⇒ Lifestyle Factors
- ⇒ One on One Wellness Coaching

AllCare Members!

**Check with your insurance to see
if you qualify for assistance in
costs for this program!**

ONLINE REGISTRATION AVAILABLE!

