



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**SUPPORTING
WELLNESS
TOGETHER**

YMCA WEIGHT LOSS PROGRAM

Reach your weight loss and wellness goals with us.

The YMCA's Weight Loss Program is designed and focused on you to help you move towards a healthier weight and lifestyle. You will achieve your goals by making small, modest changes to your daily behaviors. This program helps you build skills for successful lifestyle changes.

- Set individual weight loss goals with our qualified staff.
- A guide in nutritional eating based on Metabolic Rate.
- Workout programs designed by a Personal Trainer.
- Meet 3 times a week with our weight management staff.
- Dual YMCA membership with all the benefits of state of the art equipment & classes.
- Learn healthy ways to meet your goals that lead to a Healthy Lifestyle that you can maintain and THRIVE.



For more information on this lifestyle change for a healthier you please call the Y Wellness Center 541-479-3100 or contact Rita Kurz - rkurz@grantspassymca.net

Grants Pass Family YMCA 541-474-0001 / Y Wellness Center 541-479-3100

www.grantspassymca.org / www.grantspassymcawellness.org

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