



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Weight Loss Program

### REACH YOUR WELLNESS GOALS WITH US

The Weight Loss Program is designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors, and forming sustainable healthy habits.

Each week participants will privately weigh in, be introduced to a new topic relevant to weight loss, discuss as a group successes/challenges/suggestions around the weekly topic, and develop goals for the upcoming week. Topics include: nutrition, physical activity, stress and sleep, positive psychology, goal setting and sustainability.

Join today and get started on creating lasting change!

### PROGRAM OVERVIEW

- 1 12 weeks / 1 session a week
- 2 Must be 18 years or older
- 3 Provides tools, knowledge & group support to help you develop a nutrition and exercise plan that works for you

### 2018 Session Details

Saturdays at 9:30-10:30 am  
Week of January 6th - March 24th

Members \$50  
Non-Members \$100

### SIGN UP TODAY

Greater Scranton YMCA  
706 N. Blakely Street  
Dunmore, PA 18512  
570-342-8115  
[www.greaterscrantonymca.org](http://www.greaterscrantonymca.org)



# SUPPORTING WELLNESS TOGETHER