



# SUPPORTING WELLNESS TOGETHER



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Weight Loss Program

### REACH YOUR WELLNESS GOALS WITH US

Participating in YMCA's Weight Loss Program is a great way to learn how to eat healthier, move more and lose weight. There are no gimmicks and no restrictive approaches—just the tools you need to make the necessary changes in your lifestyle to achieve your wellness goals.

This program provides helpful tips and strategies to incorporate nutrition and physical activity into your lifestyle, while also addressing motivation, obstacles and pitfalls that make losing weight (and keeping it off) such a challenge.

A weekly, group-based, one-hour meeting provides a supportive network of others working on similar goals to help when the going gets tough and to celebrate successes along the way.

Join today and get started on creating lasting change!

### PROGRAM DETAILS

- 1 12 weeks / 1 session a week
- 2 Option to continue after 12 weeks
- 3 Must be 18 years or older
- 4 Designed for people that are new to the Y, but open to all!

#### When

January 31 - April 18  
Wednesdays, 6:00pm-7:15pm

**YMCA at Glen Cove**  
125 Dosis Lane  
Glen Cove, NY 11542

**Jean Anne Valance**  
(516) 671.8270 ext. 21  
JeanAnne.Valance@ymcali.org

#### REGISTER NOW!

Members \$75  
Non-Members \$150

YMCA of Long Island and YMCA of the USA are committed to supporting healthy lifestyles through the YMCA's Weight Loss Program but do not guarantee any specific outcomes for program participants. The YMCA's Weight Loss Program is not intended to diagnose any medical condition or to replace your healthcare provider. Consult your physician before beginning any exercise program and cease physical activity if you experience any pain or difficulty while participating in the YMCA's Weight Loss Program.