



# JOIN OUR 12-WEEK WEIGHT LOSS PROGRAM!

**Week of January 15, 2024**

YMCA's 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. Rather than advocate for specific or restrictive short-term solutions, this program helps participants build skills for successful lifestyle changes.

## PROGRAM RATES:

**Full Membership:** \$190

**Program Membership:** \$285

\*Program Membership rate includes a **FREE 3-month membership** for the duration of the program.

**Tuesday at 6:15pm or Wednesday at 5:30pm**

## START YOUR WEIGHT LOSS TODAY!

### WHO

- Adults 18 years and older
- Desire to reach a healthier weight

### WHAT

- 12-week program, meeting one hour each week
- Group-based program (8-16 people per group)
- Learning, sharing, and problem solving
- Weekly topics, such as balanced eating, physical activity, goal setting, positive psychology, and behavior sustainability

### HOW

- Exploratory facilitation used for discussions
- Participants to self-design action plans to achieve their weight loss goals

### WHERE

- At your local YMCA!
- Weekly participants are encouraged to engage in activities at the Y that support their weight loss efforts



**GREAT SOUTH BAY YMCA**

200 W Main Street  
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**For more info, please contact:**

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