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.

Mondays at 8:15am with Emily

Thursdays at 12:30pm with Katie

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

PATCHOGUE FAMILY YMCA
255 W Main Street
Patchogue, NY 11772

For more info, please contact:

Katie Mucha
katie.mucha@ymcali.org

Emily Lohmer
emily.lohmer@ymcali.org