



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



jump start your weight loss!

with Marcy Kyle - Registered, Licensed Dietitian Nutritionist
and Phoebe Carlson, Certified Nutrition & Wellness Consultant

The Jump Start Program is a step-by-step approach first helps you become students of your own unique behaviors, develop awareness of when, how and why your individual behaviors occur and, more importantly, how to adopt new, healthier habits. The focus is on lasting, permanent change.

This program includes a FREE session with the YMCA Personal Trainers, a FREE or waved Y membership during the 8-week series and support after the program ends with our FREE Healthy Living Support Group!

SESSION: OCTOBER 31 - DECEMBER 19

- ✓ Wednesday: Noon - 1:00 PM
Location: Flanagan Community Center
- ✓ Wednesday: 4:15 - 5:15 PM
Location: Lily Pond Yoga Studio

Session Length: 8 weeks
Class Max: 15 Participants
Cost: \$120 / Series*

REGISTER TODAY

