



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: JANUARY 23 - MARCH 13

- ✓ Wednesday: Noon - 1:00 PM  
Location: Flanagan Community Center
- ✓ Wednesday: 4:15 - 5:15 PM  
Location: Pen Bay YMCA, Room 304

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



**REGISTER TODAY!**  
**CALL - 236.3375**