



eliminating racism
empowering women
ywca

REACH YOUR WELLNESS GOALS WITH US

"The program is different from other programs in which I have participated in that there was no pressure to 'lose weight NOW'. Weight loss and health is the ultimate goal not the quick fix. This program gave me things to think about. I know I should be 'eating right and exercising' but why don't I? This program gave me insights into my behavior by asking very simple questions."

—PARTICIPANT, Providence YMCA (R.I.)

Join today and get started on creating lasting change!

SUPPORTING WELLNESS TO-

Weight Loss Program

Marshalltown YMCA-YWCA

www.ymca-ywca.org

PROGRAM OVERVIEW

1. 12 weeks / 1 session a week
2. Must be 18 years or older
3. Provides tools, knowledge and group support to help you develop plans that support your weight loss goals

SIGN UP TODAY

Thursday 630-730am beginning 2/1/24

OR

Tuesday 12-1pm beginning 2/6/24

Member: \$50; Non-Member: \$100

For more information or to register:

Stop by the Y or call 641.752.8658