

HEALTH 'S SEMINAR

With Dr. Jarod

Begin now to
**CHANGE YOUR BODY
FOR LIFE**

Set *Weight Loss* Goals

Make a Commitment

Track Your Progress

Receive

- Monthly Seminar Lessons
- On-Line Support
- Sample Meal Plans
- Healthy Foods List
- Recipes

JULY CLASSES

THURSDAY 6:30 PM JULY 1, 15, 29

Held in the After School Room

Register with your email address at the front desk
of the YMCA and you will be contacted

Members Only- No Charge