



WEIGHT LOSS PROGRAM

BLOOMSBURG AREA YMCA

Mondays & Wednesdays
March 13th through May 17th

12:00 PM – 1:00 PM

Register at the front desk or call 570.784.0188

**Max. 10
participants!**

**10-week
Program!**

FREE TO ALL!

A class full of exercise and healthy tips and techniques to help you towards your healthy weight-loss journey, formulated and administered by trained Health & Wellness professionals.

COLLIN BENFIELD

HEALTH & WELLNESS DIRECTOR
cbenfield@bloomsburg.org

Member registration open: **NOW!**

Non-member registration open: **February 20th**