



TAKE CARE OF YOU

Are you ready for a lifestyle
change?

WEIGH 2 CHANGE

Weigh 2 Change is a lifestyle intervention program that will help you develop the skills to make lasting changes for weight loss and keep you from developing type 2 diabetes. Part of the National Diabetes Prevention Program, W2C offers you a CDC-approved curriculum and skills to help you lose weight, increase your physical activity, and make healthy life-long choices.

You'll learn how to manage fat and calories, make activity a way of life, talk back to negative thoughts, stay motivated, and much more. With the continued support of your lifestyle coach and your peers, you have a great chance of successfully reaching your goals.

Classes meet once per week for 16 weeks, then monthly for 6 months. The curriculum involves tracking food and activity and encourages discussion and problem solving in a fun, non-stressful environment.

If you are interested in more information or in joining our next session, please contact Patti McEnroe or Jen Walsh at the Y.

Starts January 16, 2017
Meets Mondays, 6:00 – 7:00 pm
Altru Outreach Therapy Room
Altru Family YMCA

**For details call Patti McEnroe or Jen Walsh at the Y.
Enroll at Y Member Services.**



Altru Family YMCA
215 N 7th ST
Grand Forks, ND

(701) 775-2586
www.gfymca.org

YMCA/Choice HF Members: \$75
General Public (includes limited membership privileges): \$125
Financial scholarship assistance is available.