FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRATFORD YMCA **HEALTHY LIFESTYLE PROGRAM INFORMATION**

Summer Session

CHANGE YOUR CHOICES CHANGE YOUR LIFE

Attend a HEALTHY LIFESTYLE PROGRAM Information Session to learn more about making positive, healthy and lifelong change.

Join the YMCA Healthy Lifestyle program to adopt and maintain a healthy lifestyle by eating healthy, increasing physical activity, and weight loss.

Program Benefits:

- Led by a trained lifestyle coach
- Small group setting
- Learn about healthy eating and physical activity
- Reduce body weight
- 16 One hour sessions followed by 8 monthly sessions

Please call to register for one of the following Stratford Y Information Sessions:

Thursday, Sept .10 at 12:00 -1:00 pm
Monday, Sept. 14 at 5:30 - 6:30 pm
Thursday, Sept. 24 at 12:00 - 1:00pm
Monday, Sept. 28 at 5:30 - 6:30 pm
Thursday, Oct. 8 at 12:00 -1:00 pm
Monday, Oct. 12 at 5:30 - 6:30 pm
Thursday, Oct. 22 at 12:00 - 1:00pm
Monday, Oct. 26 at 5:30 - 6:30 pm
Thursday, Nov. 5 at 12:00 - 1:00pm
Monday, Nov. 9 at 5:30 - 6:30 pm
Thursday, Nov. 19 at 12:00 - 1:00pm
Monday, Nov. 23 at 5:30 - 6:30 pm
Thursday, Dec. 3 at 12:00 - 1:00pm
Monday, Dec. 7 at 5:30 - 6:30 pm
Thursday, Dec. 17 at 12:00 - 1:00pm

FACILITY HOURS

M-Th	5:30am - 9:00pm
Fri	5:30am - 8:00pm
Sat	7:30am - 5:30pm
Sun	10:00am -4:00pm

CHILD WATCH HOURS

M-Th	9:00am - 11:00am
M-Th	6:00pm - 8:00pm

STRATFORD YMCA
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