



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET HEALTHY TOGETHER

The North Suburban Y will be holding a special FREE program for families struggling with weight issues and looking to lead healthier lives. This 8 week program will meet twice a week, is geared towards living a healthier lifestyle, reduce inactivity on a family level, and is absolutely FREE! Each week parents and their children will each get a session with our Registered Dietitian and a session with one of our Group Exercise instructors.

We will be holding a group meeting for all those that are interested on Tuesday October 18th @ 6:30pm at the North Suburban YMCA

This FREE program begins Tues 11/1 and runs on Tues and Thurs through Thurs 12/22

Program Requirements:

- Must attend Group Meeting on Tues Oct 18
- Must be able to commit to all meetings on Tues and Thurs from 11/1-12/23

Please contact Jeremy Stiles, Health and Wellness Director at 781.305.2912 or JStiles@ymcaboston.org with any questions

