

# Weight Loss Support Group at the YMCA



## Weekly Support

Our meetings offer support, encouragement and valuable information to help you build lasting success. The group is run by an experienced Nutritionist with the knowledge to adapt to your needs. It is 12 weeks that will last you a lifetime.

01



## Easy to follow meal plans

The first day of group you are given an easy to follow meal plan. The goal of this group is to teach you the value of food. By the end of the 12 weeks you will know how to put together your own meal plans and how to make healthy fresh food fit into your lifestyle.

02

## New Groups Forming in February!



## Yummy Recipes

We understand that food should be yummy and exciting. Healthy food can be all of this and more! Every week you are given new recipes to try at home. Our members enjoy sharing their own healthy recipes with the group. At the end of the 12 weeks you will have quite a collection.

03

## Don't Go Hungry Go Healthy!

We want you to reach your goals in the healthiest way possible. Our focus is not just your weight but your overall health. Because of this many people that are wanting to learn more about healthy living benefit from our group as well.

There is a \$60 sign up fee which includes a one hour one on one appointment with the nutritionist. The cost for group is \$12.50/week for members and \$15 for non members.

For more information please contact Erin Sparrold CN at the Nazareth YMCA  
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