

Pathway to a



Healthier Weight

Pathway Pathway

The YMCA of Metropolitan Milwaukee, in partnership with Wheaton Franciscan Healthcare presents: *Pathway to a Healthier Weight*, a program for those seriously seeking a path to a healthier lifestyle and weight.



In a small group setting, working with a Registered Dietitian and a Wellness Coach/Personal Trainer you will learn practical steps to make healthier food choices, realistic strategies to manage and control stress, and fun ways to increase physical activity. Plus, we will work together to help you:

- Set personal goals
- Achieve success, step by step
- Build social support
- Address issues that effect habits and the lifestyle change process



You are invited and encouraged to attend the Pathway to a Healthier Weight orientation to learn more:

Rite Hite Family YMCA, Brown Deer
Monday, February 15th, 6:00-7:00 pm

OR

West Suburban YMCA, Wauwatosa
Tuesday, February 16th, 7:00-8:00 pm



Questions?

Contact Barbara Marr, Program Facilitator, at 414-454-4679 or bmarr@ymcamke.org

Join Us:

Rite Hite Family YMCA, Brown Deer
Mondays, starting March 1st
6:00-7:30 pm

OR

West Suburban YMCA, Wauwatosa
Tuesdays, starting March 23rd
7:00-8:30 pm

Register:

On-line at www.ymcamke.org
Or at the YMCA Center
Program code 01403
Register before the class start date

Program Fee:

\$225 YMCA Members
\$250 Community Participants



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