



WEIGHT LOSS PROGRAM

Diabetes Prevention

FREE TO ALL MEMBERS!!

WHO

- Adults 18 years and older
- Desire to reach a healthier weight

WHAT

- Group-based program (8-16 people per group)
- Learning, sharing, and problem solving
- Weekly topics, such as balanced eating and physical activity, goal setting, positive psychology, and behavior sustainability

HOW

- 12-week program, meeting one hour each week
- Exploratory facilitation used for discussions
- Participants to self-design action plans to achieve their weight loss goals

WHERE

- Classroom setting with seating arranged in a circle
- Can occur inside and outside of YMCA
- Weekly participants are encouraged to engage in activities at the Y that support their weight loss efforts

FOR INFORMATION, CONTACT:

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