

Phat Success To Weight Loss

**This 8-week
workshop/group
coaching series will
give you the
confidence to lose
the weight and the
tips to keep it off!**

Discussion Topics:

- Body Fat
- Serving Sizes
- Metabolism
- Self Image
- How Much To Lose
- Body Composition
- Stress Eating & Impulse Control
- Exercise and Weight Management
- Food Preparation & Kitchen Tricks
- Myths & Truths About Dieting
- Eating Intuitively & More

**Register
Now!**

Spring I Session

Saturdays, March 1 - May 2, 2010 9:00 - 10:00 a.m.

Members: \$35 General Public: \$45

Fees include weekly weigh-ins & measurements.



Kenosha YMCA

Register for these classes at the YMCA Callahan Family Branch
262-654-9622 ☉ 7101 - 53rd Street ☉ Kenosha, WI 53144
www.kenoshaymca.org