Starting and sustaining healthy living habits can be challenging. You don’t have to go it alone!

In 90 Days to Wellness, you decide what wellness means to you, and we help you get there, through sustainable goal setting and the support of a group.

- Meet twice a week for 90 days.
- Mondays, we have a group exercise class catered just for this group.
- Wednesdays, we explore topics such as goal setting, safe exercise principles, nutrition, and stress management.
- Discussions are led by trained health and lifestyle coaches and a Registered Dietician.

90 Days to Wellness is a great first step for anyone looking to live a healthier lifestyle.

INFORMATION MEETING:
Jan. 8th at 6pm
Accounting Office Conf. Room 1101 College Ave.,
2nd floor. (Register in membership office)

PROGRAM DATES:
Jan. 15 – Apr. 8
Mon. & Weds. 6–7pm

COST:
$120 Members
$145 Program Members
$175 Non-Members
(program member & non-member rate includes
3 month membership to the Y)
Financial assistance available

CONTACT:
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