



90 DAYS TO WELLNESS

*A program where you choose what wellness means to you,
and we help you get there*

Create and sustain habits that will keep you feeling good into the fall, the new year, and beyond!

There is no time like the present to get on track with your health and well-being.



Information Session

Wednesday Sept. 4th 6—7pm

For more information contact

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Dates: Sept 11—Dec 11 2019

Mondays & Wednesdays 6-7:15pm

Weds. Discussion; Mon. fitness activity

\$120 for YMCA members

\$135 for Program Members

\$150 for non-members

Individualized goal setting & community support to help you to **flourish**.

With a small group of 8-10 people, we will focus on components of a healthy lifestyle including: goal setting, movement, nutrition, stress management, and finding balance.

Sample topics include:

- Sustainable habit change
- Planning for challenges
- Mindful eating
- * SMART-ER goal setting
- * Tracking changes
- * Stress management
- * Problem solving
- * Safe principles of exercise
- * Healthy nourishment