



OPERATION WEIGHT LOSS

LOOK AND FEEL GREAT!!

*The Focus
is
YOU!*

**REGISTER NOW
AT THE
STILLWATER FAMILY YMCA**

KICKOFF

January 29, 2012 @ 3pm at
The Stillwater Family YMCA
Please sign up by Jan. 29th

COST

\$30 FOR MEMBERS
\$45 FOR NON MEMBERS

BENEFITS OF PROGRAM:

- Work towards a healthier lifestyle
- Be a part of weekly group workouts.
- Overall winners will receive prizes.
- Receive nutritional advice.
- Get plugged in with others who have similar goals.

*Achieve your
goals!*