



# Free Program!

## Health Smart Behaviors

**Weekly sessions will include: group time, peer support, goal setting, and physical activity & nutrition education.**

**Mondays (6 week program)  
5:30 – 7:00 pm September 13<sup>th</sup> – October 25<sup>th</sup>**

**8 week program in Spanish coming in September!**

To register contact Karen at ext. 287 or  
[kgagliastre@ymcaofcm.org](mailto:kgagliastre@ymcaofcm.org)

