



HEALTH FIRST

What: **Health First 12 Week Wellness Program**

If you are looking to lose weight and feel healthier, this is a great place to start. This is a group-centered program with nutrition, fitness, health coaching, and personal training to support your individual needs to achieve a healthy lifestyle.

When: Class begins Wednesday, February 2 and ends April 27
Class meets on Wednesdays from 6:00 to 7:00 pm

Where: Rogue Valley Family YMCA
522 West Sixth Street, Medford, OR, 97501

Fees: 12 Week Wellness Program is \$300
Jackson Care Connect will cover the cost for their members

Fees Include:

Weekly wellness meetings, weekly measurements, nutrition counseling, and three 1-hour personal training sessions (scheduled on an individual basis).



Register: www.rvymca.org

Info: Contact Adam McMenomy, Health and Wellness Supervisor
(541)772-6295 ext. 106; fitness@rvymca.org



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY