

COMMIT TO BE FIT

FREE TO THE COMMUNITY

FEBRUARY 15 - MARCH 28



YMCA of Greater Westfield
67 Court Street, Westfield, MA
westfieldymca.org | 413-568-8631



THIS FREE PROGRAM INCLUDES

- Weekly Exercise and Nutrition Challenges to get you started on the right foot
- Family Fit Classes via Zoom to do in the comfort of your own home!
- Nutrition Seminars with Big Y's Registered Dietician Jacqui Campbell
- Weekly check-ins with our health and wellness team via Zoom

SIX-WEEK PROGRAM TO HELP YOU ON YOUR PERSONAL JOURNEY TO BE HEALTHY & FIT

For more information:
Cindy Agan
cagan@westfieldymca.org
Register by calling the Y
413-568-8631

westfieldymca.org

VISIT OUR WEBSITE FOR MORE DETAILS
AND REGISTRATION INFORMATION

