

**Register now through Sept. 23rd  
to receive fall promotion**



**Community Y of Marshalltown**

**FALL PROMOTIONS**

REGISTER FOR HEALTHY U BEFORE SEPTEMBER 23<sup>RD</sup> AND  
RECEIVE A FREE CALORIE KING BOOK

AND/OR

REGISTER WITH A FRIEND AND RECEIVE 2 ADDITIONAL WEEKS  
IN THE PROGRAM FREE!!

- \*Individual meal planner designed for each participant
- \*Weekly meetings on Thursdays at 11:30 am. –led by Christine Jacobson, RD., LD., and Misty Roelsgard, Assistant Health & Wellness Director
- \*Ongoing program promotes weekly weigh-ins, exercise log and food journaling, join anytime!
- \*Additional weigh-in times and meeting handouts if unable to attend Thursday meeting.
- \* Make your 12- week weight loss goal and receive a discount to rejoin the program. Achieve and maintain\* your long- term goal and stay in program for free!! \*must stay within 5 lbs. of goal weight & 5% of goal body composition.

**Price:** Members: \$75 Program Participants: \$120



Contact Misty Roelsgard (ext. 224) or Chris Jacobson (ext 223) at the Community Y  
for more information. 641-752-8658

eliminating racism  
empowering women  
**ywca**