



**Discover the Dr. OZ
Road to Health**

YMCA MELT AWAY

Reduced Fee!

Wondering What to get your loved one? Why not give them a healthier heart!

**Spirit, Mind, Body
for All**

Participants will receive:

- The Dr. Oz You on a Diet Book
- Meal suggestions
- Free recipe tasting
- Meetings with supportive members & wellness staff
- Online support
- Personal trainers available for one on one Q&A
- 6 week Program
- Free use of YMCA facilities and fitness classes
- Chance to WIN \$250 for participation

NEW DATE:
Starts February 1st

Registration Deadline: January 27th

NEW FEES:	Members: \$58.00
	Potential Members: \$100.00

Clinton County Family YMCA
950 S. Maish Rd.
Frankfort, IN 46041
(765)654-9622

Website: www.ccfymca.net
or Join us on Facebook:
Clinton County Family YMCA, Indiana

