

**New Year...  
New You**



**A Weight Management Program for people  
with persistent weight control problems.**

- **Nutrition Education**
  - **Eating Patterns**
  - **Physical Activity**
  - **Behaviour Change**
- **Exercise Maintenance**

**Join us for a FREE information session and assessment.**

**January 7 and 14 @ 7:00 pm**

**January 8 and 15 @ 12 noon**



**Saint John YMCA-YWCA**

**call 634-7720 to sign up.**

***Saint John YMCA-YWCA 100 Prince Edward St.***

***www.saintjohny.com***