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All  
About ...  
The  
**BALANCE**

# GROUP LIFESTYLE BALANCE

In this program a lifestyle coach works with you to provide education & assistance to:

**Increase Physical Activity & Lose Weight  
May help PREVENT Diabetes**

**Harrison County YMCA**

**1 Lowndes Hill Park, Clarksburg, WV**

**MONDAYS [12 consecutive weeks]**

**Beginning January 5<sup>th</sup> 2015 11:00 AM**

**CONTACT: [Imenendez@harrisoncountymca.org](mailto:Imenendez@harrisoncountymca.org) or 304-623-3303**

*Participants are monitored & required to attend. Your role as a participant:*

- **Commit to a Change in Your Eating**
- **Commit to a Change in Your Physical Activity Habits**
- **Attend Group Sessions Regularly**
- **Work Toward Achieving Group Lifestyle Balance Goals**
- **Monitor Your Daily Food Intake & Physical Activity**
- **\$100 Fee**