



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUPPORTING WELLNESS TOGETHER

Healthy Life Support Group

You're responsible for your health, you've set your goals, you know what to do. But why is it so hard to actually do it? Join us for a 12-week member wellness support group that is all about you! Build positive habits, empower and motivate yourself, get the encouragement and support you need. Rather than turning to short term solutions, break through your barriers and achieve your goals.

Session Dates: January 28 - April 17

Mondays

10:30 am - 11:30 am

YMCA Conference Room

Members: included w/membership

Potential Members: \$75

Registration : Opens Jan. 14

*Limit: 12 participants



SUMTER FAMILY YMCA

510 Miller Road
Sumter, SC 29150
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ymcasumter.org



Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.