



Prisma Health
Tuomey Hospital

PRISMA HEALTH™

NEW YEAR NEW BEGINNINGS

Commit To Be YFIT

This 12-week health and wellness starter program is the first step into taking control of your personal well-being. Designed to help you prevent and/or manage health risks by preparing you to take control and make the best decision to improve your health. Each week a different educational topic will be discussed that will support your efforts in making healthy changes for a long, healthy and fit life.

January 12 - April 6

Tuesdays, 6:00 pm - 7:00pm

OR

January 13 - April 7

Wednesdays, 6:00 pm

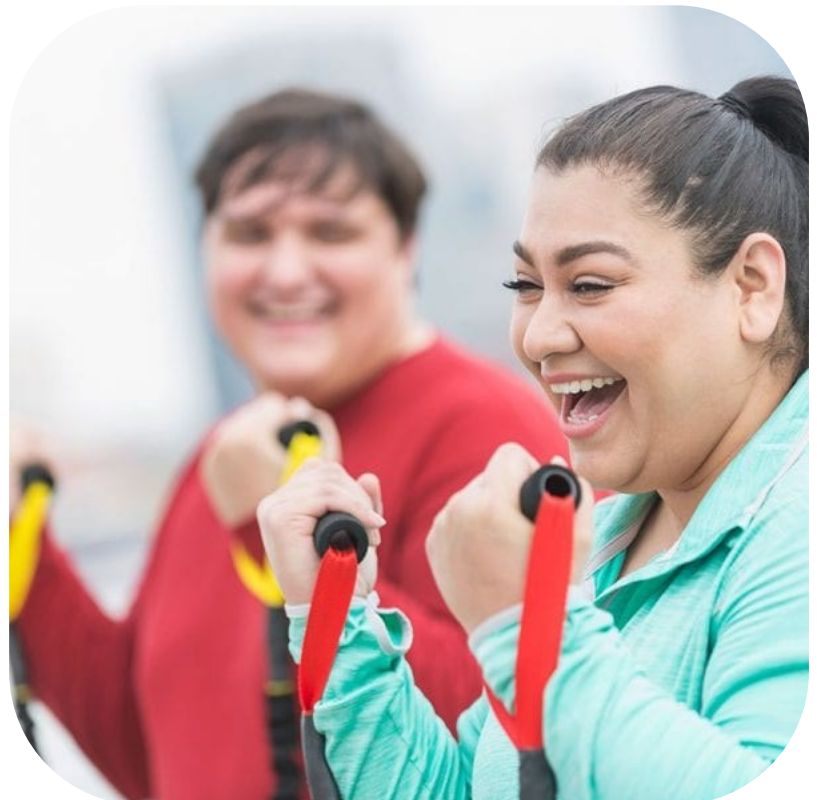
Community Health Room

Registration: Dec. 29 - Jan 13

Cost: \$25 members*

*Physician referral waives join fee and class fee

*Non-members must become a member prior to enrolling in class



SUMTER FAMILY YMCA

510 Miller Road

Sumter, SC 29150

803-773-1404

ymcasumter.org

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