



Prisma Health  
Tuomey Hospital

PRISMA HEALTH

# SPRING FORWARD TO A HEALTHIER YOU

## YFIT Camp

In this 6-week lifestyle change program you will learn how to properly fuel your body to improve your health and fitness. The program empowers you with the knowledge and skills to create positive wellness by improving body composition and reducing health risks.

**April 13 - May 18**

Mondays, 6:00pm - 7:00pm

YMCA Conference Room

Registration dates:

March 30 - April 13

Fee: \$50/members

\$75/potential members

\*50% discount with physician referral



**SUMTER FAMILY YMCA**

510 Miller Road

Sumter, SC 29150

803-773-1404

[ymcasumter.org](http://ymcasumter.org)

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