LOSE TO WIN
The Y’s Holistic Weight-Loss Program

Smart. Effective. Sustainable.

Lose to Win is a virtual 12-week program all about working with your body and mind, not against it. Through our holistic approach to getting active and encouraging yourself and others, participants see long-term changes to their health.

FEES
Y Members: $125
Community Members: $250

WHAT TO EXPECT:
› Change in Nutrition
› Increased Energy
› Getting More Active
› Feel Better

FOR MORE INFO, EMAIL
losetowin@seattleymca.org

FIND PROGRAMS
seattlymca.org/losetowin

Everyone is welcome. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility. Financial assistance is available.