



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ACTIVATE

KICK-START YOUR WELLNESS GOALS

## WHAT TO EXPECT

Three 30-minute sessions with one of our Wellness Coaches to check-in on your goals and show you how the Y can help!

- Session 1 — Fitness evaluation
- Session 2 — Nutrition consultation
- Session 3 — What's next?

## SIGN-UP TODAY!

Stop at the front desk or call your branch to schedule your sessions!

Ironworks  
608-365-2261

Roscoe  
815-623-5858

## LEARN MORE

Visit [statelineymca.org/activate](http://statelineymca.org/activate) or contact Cortnee at [cmcreynolds@statelineymca.org](mailto:cmcreynolds@statelineymca.org).



[statelineymca.org/activate](http://statelineymca.org/activate)