



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 orientation & goal-setting
- 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 or contact Cortnee at cmcreynolds@statelineymca.org.



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