



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LET'S GO DASHING ALL THE WAY THROUGH THE HOLIDAYS

DASHING ALL THE WEIGH CHALLENGE WILLIAMS YMCA OF AVERY COUNTY

Did you know that 88% of U.S. Americans gain weight from Thanksgiving to New Year's? Don't let the holidays WEIGH you down. The Y wants to support you through the holidays. The goal is to find ways to exercise at least 4 times per week for 6 weeks, with an additional goal to maintain or lose weight: just don't gain! If you lose or maintain your weight you will be eligible for your choice of either **25% off any YMCA program or a waived joining fee!** All registered participants will receive a long sleeve Dashing all the Weigh shirt.

- Members: \$20
- Non-members: \$60 with 6-week access to all YMCA facilities. Wellness orientations included.
- Registration ends November 18th, 2021

WHEN: **WEIGH IN ON NOVEMBER 18TH, 2021**
 WEIGH OUT ON DECEMBER 31ST, 2021

LOCATION: **WILLIAMS YMCA OF AVERY COUNTY**
 Linville, NC 28646
 828-737-5500
 www.ymcaavery.org