



FIND VICTORY IN A HEALTHIER YOU WHOLE LIFE CHALLENGE

**Join our 8-Week
Transformation Challenge**
Starting Thursday, January 4th!

Physical • Emotional • Spiritual • Intellectual • Social

WHOLE LIFE CHALLENGE

Meet once a week. Choose one of two times: Tuesdays at 12:00 PM or Thursdays at 6:30 PM

Fee: \$50 / \$100

For more information or to sign-up stop by the Y or contact:

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Don't just make a New Year's Resolution this January. Make a New Life Resolution. Our program will help you develop life-long habits that bring you to your full potential no matter where you find yourself in life. We will approach your well-being in a holistic manner focusing on five dimensions of wellness: Emotional, Spiritual, Intellectual, Social, with a heavy emphasis on Physical. Learn to become more active, eat right, and feel healthy all while finding balance throughout the rest of your life. Every week we will provide you with fun exercises and fresh recipes to keep you engaged and on track.

NEW this year! Inspirational speakers will visit to discuss different dimensions of wellness and how to flourish in each area.

Your new life begins here!!

Southeastern Indiana YMCA • 30 State Road 129 South, Batesville, IN 47006 • 812-934-6006 • siymca.org