

YHEALTH & FITNESS™

Junior Wellness

What: A wellness program for kids ages 7 to 11 and 12 to 16. This comprehensive program focuses on increasing physical activity and developing healthy nutrition habits for overweight and obese youth.

When: Tuesday and Thursday from 6:30 pm to 7:30 pm. Ten week program begins on January 26 and runs through March 31. **Parents are required to attend the first class on Tuesday, January 26 from 6:30-7:30pm.**

Where: Jackson Care Connect Starting Strong Building at 702 West Main Street, Medford (across from the YMCA)

Fees: \$150 for YMCA Members
Includes 2 weekly group workouts, take home education and weekly weigh-ins and measurements.

Contact: Tammy Miller, Wellness Supervisor
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FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

