



Health-Smart Behavior Program

Celebrate your heritage, connect with others and motivate yourself and family to maintain a long-term healthy lifestyle.

Do you need support in:

- Finding balance in your life
- Eating healthier
- Becoming more physically active
- Learning how to take time for yourself?

Let's Do This Together!!

Register today. Don't miss this opportunity to take control of your lifestyle and make health-smart behaviors today. See back for details.

**FREE!! FREE!! FREE!!
8 Sessions – Space is limited!!**

WHEN

July 7, 9, 14, 16, 21, 23

August 4, 6

6:30pm – 7:30pm

WHERE

Yonkers Family YMCA

17 Riverdale Avenue

Yonkers, NY 10701

CONTACT

(914) 963-0183

Marisol Mancebo (x17)

Olga Corporan (x12)

Tania Bell (x10)



YMCA of Yonkers Presents Health-Smart Behavior Program

Celebrate your heritage, connect with others and motivate yourself and family to maintain a long-term healthy lifestyle. In a *Health-Smart Behavior Program* group, discover your own motivations to make healthy behavior choices, learn coping skills for managing negative emotions about your health choices, and self praise of health behaviors.

The *Health-Smart Behavior Program* combines a culturally sensitive self-assessment of healthy behaviors with a supportive group of peers and a coach to equip individuals and families—youth and adults—with the tools and encouragement needed to make lasting behavior changes.

In the *Health-Smart Behavior Program*, you will identify your motivations for healthy behavior and the barriers that come between you and the healthy lifestyle you desire. Each group meeting will include goal setting, health and wellness education and peer support to increase and sustain your targeted *Health-Smart Behaviors*. Working with others, you will be inspired to change your behavior and have the accountability to help you commit to making changes that last.

Register today. Don't miss this opportunity to take control of your lifestyle and make health-smart behaviors today.



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