



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

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## **Area Residents Invited to Learn More About the Y's Healthy Weight Loss Challenge**

**PLAINFIELD, ILLINOIS**– The C.W. Avery Family YMCA will host an informational meeting at 6 p.m. on Monday, August 15, for area residents looking to learn more about the Y's Healthy Weight Loss Challenge. The information session will be held at the Y's Plainfield location, 15120 Wallin Drive, and will provide interested participants with an opportunity to learn more about this exciting 12-week fitness program.

As part of this comprehensive program, all participants will work out weekly with a personal trainer, participate in weekly nutrition sessions and receive metabolism screenings, workout plans, mid-week check-ins and weekly weigh-ins. Prizes will be awarded to the participant who makes the most significant lifestyle change.

The Healthy Weight Loss Challenge will kick off on September 9, and run through December 2. To learn more about this exciting program, please contact Avery Health and Wellness Director Lisa Behounek at (815) 267-8600.

### **the Y**

The Y is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. Across the U.S., 2,687 Ys engage 21 million men, women and children – regardless of age, income or background – to nurture the potential of children and teens, improve the nation's health and well-being, and provide opportunities to give back and support neighbors. Anchored in more than 10,000 communities, the Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. For more information about the Y, please visit [www.jolietyymca.org](http://www.jolietyymca.org).

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