



YMCA

We build strong kids,  
strong families, strong communities.

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## **The *Weight* is Over at Area YMCA's**

**(Buffalo, NY)** – *The Weight is Over*, a dynamic eight week nutrition education program designed to inspire, motivate, and educate will be offered at the Southtowns Family YMCA Branch beginning this January. This program focuses on achieving a healthy lifestyle by giving you the skills and tools to choose foods that will make and keep you healthy. Participants are encouraged to take part in the program every Tuesday beginning January 19 from 7:00-8:00 pm at the Southtowns Family YMCA. The cost for the program is \$150 and fees are paid in full for those with BlueCross and BlueShield coverage and in part by Independent Health. The class is limited to 20 participants so any interested parties should register today by calling the YMCA at 565-6000 ext. 115.

Taught by Barb Bowen, registered dietician, this class will change the way you view food and change your mind set to achieve a leaner, healthier you! Topics discussed include:

- Metabolism Magic
- Sorting the Fats
- The Whole Grain Truth
- Portion Distortion and the Lean Plate Club
- Fit to be Fabulous
- Defensive Eating
- Multiple Choice- the Supplement Story
- Healthy Cooking and Meal Planning

YMCA Buffalo Niagara is an inclusive association of people committed to a common effort to help individuals and families reach their fullest potential in terms of spirit, mind, and body. Founded locally in 1852, the YMCA is committed to significantly expanding a fiscally sound, service delivery organization which delivers high quality, market driven services to a growing Western New York constituency.

As a dynamic, charitable, organization, YMCA Buffalo Niagara has been able to assist countless youth, families, and senior citizens so that they may benefit from YMCA programming. YMCA Buffalo Niagara serves more than 100,000 people annually through its association of seven branches across Western New York,

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YMCA resident Camp Weona as well as 40 community based program sites. From fitness to school age child care programs, swimming lessons to camp, there is something for everyone at the YMCA. For more information on all of the programs the YMCA has to offer and our financial assistance program, please contact your local YMCA branch or visit us online at [www.ymcabuffaloniagara.org](http://www.ymcabuffaloniagara.org).

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