



**DELTA REGIONAL MEDICAL CENTER
AND
HODDING CARTER MEMORIAL YMCA
INTRODUCE**

5210

Weigh To Go

Are you ready to become healthier?

If you answered yes, time to join the program.

Build a team, focus on wellness, and begin the year with a new attitude by participating in the inaugural 5210 Weigh To Go Program.

The six-week team challenge begins

Monday, January 21, 2019.

Cost per team is \$30.00.

You do not have to be a member of the YMCA to participate in the program.

Ages 18 and older.

For more information or to register your team,

contact the YMCA at 662.335.7258 or

hcmymca@suddenlinkmail.com

