

# LOSE 2 WIN

Westport Weston Family YMCA

## SUMMER-SIX CHALLENGE

**Sunday, July 8-Saturday, August 18**

### **Includes:**

- Week 1 class led by Personal Trainer
- Cooking class with chef at 🌿 Oak + Almond Restaurant

### **Individual Prizes:**

- 🌿 Oak + Almond Restaurant Gift Certificate
- Free Month of Membership
- Free Personal Training Sessions

**Tee-shirts to the first 24 registrants**

**Weekly Weigh-In Sessions to Keep You on Track**

**Complete challenges at the Y or outdoors**

## **REGISTRATION**

**Opens Saturday, June 2 at 8:00am**

**Program Fee \$49 member \$69 non-member**

Oak + Almond Restaurant uses such woods to fuel their wood burning oven and stove which imparts an earthy quality to many of their menu items. They prepare delicious handcrafted food, created with locally well sourced seasonal ingredients served in an open venue. Reservations 203-846-4600

### **QUESTIONS:**

Please contact Shelly Goldman, Director of Health and Wellness at [sgoldman@westportymca.org](mailto:sgoldman@westportymca.org)  
203-571-6035