

MEET THE NEW YOU!

August 20th, 2009

9-10am



Wouldn't you like...

- **More Energy?**
- **Improved Health?**
- **Improved Mobility?**
- **Better Health?**
- **Longer Life?**

Are you ready to start a safe and healthy path to a healthier you?

Join the Monroe Family YMCA and Dr. Stephen R. Bell for a presentation on

Medically Supervised

Weight Loss

Stephen R. Bell, D.O.



For more information call **241-2606 or visit ymcaofmonroe.org**

Your Friends. Your Health. Your YMCA. 