



YFAITH™

Hope-filled and inspiring,
**JOURNEY TO
HEALTHY LIVING**
is now offered at the
Great Miami Valley YMCA.

Journey to Healthy Living: Freedom From Body Image And Food Issues is one of a series of new Journey to Freedom books offered by Restore Ministries for group study. The Great Miami Valley YMCA is now offering this 8-week class to staff, members and non-members.

Participants will also sample a different wellness activity each week.

Journey To Healthy Living participants will explore what it means to discover that your body is not something to be loathed, but that it is a wonderful gift from God. You will identify your eating and exercise habits and patterns and be challenged to uncover the root of your struggles with food and your body so that you can learn to live a life of freedom.

Don't wait another day — begin your journey to hope, health and happiness today!

**Cost: \$25 for members and non-members
Includes the study book**

**Location: ATRIUM FAMILY YMCA, 5750 Innovation Dr., Franklin, OH
Saturdays, February 27—April 17 from 11am to noon**

**Location: FITTON FAMILY YMCA, 1307 NW Washington Blvd., Hamilton OH
Mondays, February 22—April 12 from 7-8pm**

www.gmvymca.org

