



Siskiyou Family YMCA's 2010 "Y" Weight Challenge

Contest Event Calendar

Date/Time	Event	Educational Lecture	Fitness Challenge Times
Saturday, Jan 16 9:00-11:00am	First Weigh-In	10:00am <i>Making Better Food Choices</i> w/ David Della Lana, M.D. 10:30am <i>Staying Motivated During Weight Loss</i> w/ Theresa Della Lana, YMCA Fitness Coordinator	Welcome!
Saturday, February 6 9:00-10:00am	Second Weigh-In	9:30am <i>Trends in Childhood Obesity</i> w/ Vina Swenson, MD	10:00am
Saturday, February 27 9:00-10:00am	Third Weigh-In	9:30am <i>Benefits of Getting & Keeping Healthy</i> w/ Mary Langford Neill, M.D.	10:00am
Saturday, March 20 9:00-10:00am	Fourth Weigh-In	9:30am <i>Exercise Training Tips</i> w/ Ginger Darrow, YMCA Certified Personal Trainer	10:00am
Saturday, April 10 9:00-10:30am	Final Weigh-In from 9:00-10:00am <u>10:30am Final Results Announced</u>	9:30am TBA	10:00am

Educational lecture topics may be subject to change without prior notice.

Additional fitness challenges may be added during the competition.

Dates & times TBA and will be announced via e-mail.

The 1-mile walking trail located at the YMCA is available to members & non-members at no charge.



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We build strong kids, strong families,
strong communities.