



Cortland County Family YMCA

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

CONTACT:

David Burnette
Cortland County Family YMCA
22 Tompkins Street
Cortland, NY 13045

For Immediate Release

MASS MELTDOWN IS BACK!

CORTLAND--The Cortland County Family YMCA's annual weight loss challenge, the Mass Meltdown, is coming back for its fifth year kicking off, Saturday January 8th at 10 a.m. with our initial weigh-in.

As in the past, the 12-week Mass Meltdown focuses on making healthy lifestyle choices including exercise, nutrition and weight management. The challenge will be open to men and women of all ages looking to make positive changes in their lives.

The rules of the program are simple. To win you must be the person that loses the most weight. There are separate categories for men and women. Great prizes such as YMCA memberships and Y Program Bucks will be given out, so you can continue with your health commitment all year long.

New to this year are extra-motivational talks from people who have lost weight and continue to lead a healthy lifestyle. These select individuals will share how they are achieving their goals to a healthier self.

You do not need to be a YMCA member to participate in this program, however discounted YMCA memberships will be offered to those interested in using the YMCA facility.

For more information please contact the Cortland County Family YMCA at 756-2893.

The Cortland YMCA has proudly been helping to build strong kids, strong families and strong communities for 142 years.

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*22 Tompkins Street
Cortland, NY 13045*

*Phone: 607.756.2893
Fax: 607.756.2895*

www.cortlandymca.org

YMCA MISSION:

To put Christian principles into practice through programs that build healthy body, mind and spirit for all
