

# BREAK FREE



## Starts

**FEB. 1**  
**2021**

In Collaboration with the YMCA of Greater Cincinnati.



## FREE 6-Week Transformation

Text **RESET** to **844-889-6222** to join

\*\*\*CHOOSE NOT CINCINNATI LOCAL\*\*\*

Summary Terms & Conditions: Our mobile text messages are intended for subscribers over the age of 13 and are delivered via USA toll free number 8448896222. You may receive up to 24 message(s) per month for text alerts. Message and data rates may apply. For help, text HELP to 8448896222, email jsaunders@myy.org, or call +1 8448896222. You may stop your mobile subscription at any time by text messaging STOP to toll free number 8448896222. To opt back in, text "UNSTOP" followed by the keyword to toll free number 8448896222.

Join thousands of teammates nationally as we hit RESET and start 2021 on a positive note. Participants will receive text prompts with motivation and tools to set the foundation for healthy habits.

Six weeks, 30 minutes a day, five days a week! We'll experiment with challenges and rhythms designed to open us up to a purpose-driven life. Take the Challenge, have some fun, and discover what it means to Hit the RESET button.

### River Valley Regional YMCA Locations

Eastern Lycoming  
50 Fitness Dr  
Muncy  
570-546-8822

Bradford County  
9 College Ave  
Towanda  
570-268-9622

Lock Haven  
145 East Water St.  
Lock Haven  
570-748-6727

Jersey Shore  
826 Allegheny St  
Jersey Shore  
570-398-2150

Tioga County  
40-42 Besanceney Dr  
Mansfield  
570-662-2999

Williamsport  
641 Walnut St  
Williamsport  
570-323-7134

[www.rvrymca.org](http://www.rvrymca.org)