



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MY Y STORY

GROWING STRONGER TOGETHER

The Burbank Community YMCA was happy to partner with Providence St. Joseph Medical Center (PSJMC) and Warner Bros. to put on a "Live Well" event at PSJMC in late January for people at risk in our community.



Over 75 people attended the health

screening event, including many from Burbank Unified School District, where professional staff tested and evaluated each person for diabetes risk, cardiac disease, and obesity. The people who qualified for the six-month Live Well program are provided with the optimum level of support and personalized attention by the YMCA and PSJMC. This support is offered in a variety of ways at no cost that includes personal training, exercise classes, nutritional counseling and ongoing health and wellness lecture courses.

We would like to highlight Lisa and Serge Hacobian, who through the Live Well program have already had tremendous success in the first 6 weeks! Lisa and Serge have lost 8 pounds each! In addition, Lisa has taken 2 inches off her waist, while Serge has taken 1.5 inches off of his. They were able to accomplish this in large part by utilizing the 3 free Personal Training sessions with our YMCA Trainer, Stephenie King, as well as trying a variety of Group Fitness classes here at the Y. Stephenie has given them nutritional recommendations and they have completely changed their diet as well. We are very proud of their success and are very excited to continue to support them on their health journey!

Congratulations Lisa and Serge!!