

# REDEFINE YOUR HEALTH TRANSFORM YOUR LIFE

**YMCA's Diabetes Prevention Program** 

If you're at risk for type 2 diabetes, you can make small, measurable changes that can reduce your risk and help you live a happier, healthier life. Change is tough—we can help.

#### **PROGRAM FEATURES**

- 25 sessions over 1 year
- · Led by a trained Lifestyle Coach.
- A group that offers motivation & support
- Medicare Diabetes Prevention Program available

#### **NOW ENROLLING**

#### **Boroughs Family Branch**

Tuesdays 9-10am beginning 3/26

## **Greendale Branch**

Tuesdays 11-12pm beginning 4/23

#### **Central Community Branch**

TBD

## To see if you qualify, contact:

Rebecca Hedtler, Program Coordinator 508-870-1320 ext. 8244

The YMCA's Diabetes Prevention Program is provided by the Hockomock Area YMCA in partnership with the YMCA of Central Massachusetts & complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.