



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



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:

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