



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOU CAN PREVENT TYPE 2 DIABETES

NEW! CDC's Prevent T2 Curriculum



TAKE CONTROL

This program helps adults at high risk of developing type 2 diabetes adopt and maintain a healthy lifestyle. A DPP coach will provide you support, encouragement and accountability.

Topics include nutrition, healthy weight loss, stress management, staying motivated & more. Our updated program includes group exercise to support participants in meeting their activity goals. If you are at risk for T2D the time to act is NOW!



PROGRAM REQUIREMENTS

- Must be over 18 years of age
- If one of the following pertains to you:
 - Been diagnosed with prediabetes
 - A qualifying score on the prediabetes risk assessment
 - Are over the age of 65

PROGRAM DETAILS

SESSIONS: 26 total class sessions
Class meets weekly for sessions 1-16, then every other week for sessions 17-20 and then once a month maintenance sessions 21-26

FEE: Contact Tara for more info:
tmarshall@whatcomymca.org or
360 255 0643.

DATE/TIME: Thursdays beginning October 6
1:15-3pm
Whatcom Y, 4th floor conference room.



FOR MORE INFORMATION & TO REGISTER:

Email tmarshall@whatcomymca.org or
call Tara Marshall at 360-255-0643.

*Class is one hour of group discussion, **followed by 45 minutes of optional, yet strongly encouraged instructor-led physical activity.**

Join us on September 29th for an informational session at 1:15 PM in the 4th floor conference room.