



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

PROGRAM DETAILS

- SESSIONS:** 25 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 21-25
- FEE:** Contact Tara for more info:
tmarshall@whatcomymca.org or
360 255 0643.
- DATE/TIME:** Thursdays beginning October 12
1:15-2:15pm
Whatcom Y, 4th floor conference room.



FOR MORE INFORMATION & TO REGISTER:

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

**Join us on October 5th for an informational
session at 1:15 PM in the 4th floor conference room.**