



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOU CAN PREVENT TYPE 2 DIABETES

YMCA's Diabetes Prevention Program Winter Session!



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, eating out, staying motivated & more. 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



Scan QR code to
take the risk
assessment

PROGRAM DETAILS

DAY/TIME: Mondays 5:30-6:30 PM

START DATE: Information session on Jan. 13th
class starts Feb. 10th

***Sessions 1-16 are once a week,
sessions 17-19 are every other
week, sessions 20-25 are once a
month**

LOCATION: 4th floor conference room at the
Downtown YMCA

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

FOR MORE INFORMATION & TO REGISTER:

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

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