



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ADVANCE AND ENHANCE YOUR LIFE

YMCA's Diabetes Prevention Program



YOU CAN TAKE CONTROL

The YMCA's Diabetes Prevention Program helps adults at high risk of developing type 2 diabetes reduce their risk for developing the disease by taking steps that will improve their overall health and well-being.

Research by the National Institutes of Health has shown that programs like the YMCA's Diabetes Prevention Program can reduce the number of new cases of type 2 diabetes by 58% and 71% in adults over the age of 60.

PROGRAM REQUIREMENTS

- Must be over 18 years of age
- If you 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:** 25 total class sessions
Class meets weekly for sessions 1-16, then every other week for sessions 17-19 and then once a month maintenance sessions 20-25.
- FEE:** Contact Tara for more info:
tmarshall@whatcomymca.org or
360-354-5000.

FOR MORE INFORMATION & TO REGISTER:

Email tmarshall@whatcomymca.org or
call Tara Marshall at 360-354-5000.

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