



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 via blood test
  - qualify via risk assessment

### PROGRAM DETAILS

#### 25 total class sessions

Class meets **VIRTUALLY** via Zoom software. Weekly for sessions for weeks 1-16, then every other week for sessions 17-19 and then once a month maintenance sessions 20-25.

	<u>TUESDAYS</u>	<u>WEDNESDAYS</u>
<b>BEGINS:</b>	October 5, 2021	November 28, 2021
<b>DAYS/TIME:</b>	Tues, 5:00-6:00pm	Wed, 12:00-1:00pm
<b>INSTRUCTOR:</b>	Jennifer Willner	Tara Marshall
<b>FEES:</b>	Contact Tara for more info: tmarshall@whatcomymca.org org.	
<b>LOCATION:</b>	<b>Zoom Virtual Classes</b> Instructors will conduct the classes via Zoom and links will be sent to registered participants upon registration.	

### FOR MORE INFORMATION & TO REGISTER:

Email Tara Marshall, [tmarshall@whatcomymca.org](mailto:tmarshall@whatcomymca.org)