



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOU CAN PREVENT TYPE 2 DIABETES

YMCA's Diabetes Prevention Program



This program helps adults at high risk of developing type 2 diabetes adopt and maintain a healthy lifestyle. A lifestyle 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:** Thursdays 1:30–2:30 PM
- START DATE:** August 28th.
***classes 1–16 are once a week,
classes 17–25 are every other
week**
- LOCATION:** 4th floor conference room at the
Downtown YMCA
- FEE:** Members \$42/ month
Non-members \$54/ month
***One year membership to the Y
included in cost**

FOR MORE INFORMATION & TO REGISTER:

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

WHATCOM FAMILY YMCA

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