

OUR YEAR-LONG

DIABETES PREVENTION PROGRAM



TUESDAYS

STARTS APRIL 21ST
1-YEAR PROGRAM

12:00PM – 1:30PM

\$330 | YMCA MEMBER

\$430 | NON-YMCA MEMBER



The YMCA Diabetes Prevention Program is a year-long, evidence-based lifestyle change program designed to help adults reduce their risk of developing Type 2 diabetes.

This evidence-based Diabetes Program focuses on proven strategies for reducing risk and improving blood glucose management. Participants benefit from expert coaching, nutrition and activity education, goal setting, and a supportive community to promote long-term lifestyle change and better health outcomes.

The Diabetes Prevention Program requires each participant who is interested in the program to meet with a certified DPP Life Coach to discuss the program and to determine eligibility.

Contact Kathy Hensler
to schedule a screening session.

khensler@bcfymca.org
724-452-9122 x226



SCAN TO
REGISTER!

ROSE E. SCHNEIDER FAMILY YMCA

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