



YMCA DIABETES PREVENTION PROGRAM

CHANGE TODAY FOR A HEALTHIER FUTURE

You can reduce your risk for type 2 diabetes and gain tools for healthy living.



If you are at risk for type 2 diabetes, the YMCA's Diabetes Prevention Program provides a supportive environment where you can work with others to learn how to adopt healthy habits to reduce your chances of developing the disease.

The program, which is led by a trained Lifestyle Coach, is delivered over a 12-month period, beginning with 16 weekly sessions followed by monthly maintenance. You will learn strategies for eating healthier, increasing your physical activity, and making other changes that will improve your overall health and well-being. National Institutes of Health research has proven that programs like the YMCA's Diabetes Prevention Program can reduce the number of cases of type 2 diabetes by 58-71%.

The program fee is normally \$499 for Members and Potential Members. Thanks to a generous grant from United Way of Rowan County, the \$499 program fee has been reduced to a registration fee of \$99.

Upcoming program dates to be determined based on interest. Programs offered at J.F. Hurley YMCA and J. Fred Corriher, Jr. YMCA.

For questions or to register, please contact Amy Hoffner, 704-795-9622 ext. 6104 or ahoffner@rocabymca.org.

YMCA's Diabetes Prevention Program uses a CDC-approved curriculum and is part of the CDC-led National Diabetes Prevention Program.



Rowan County United Way