



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BIG REWARDS SMALL STEPS!

Diabetes Prevention Program NORWALK YMCA

NEW CLASSES STARTING NOVEMBER 2014

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

DID YOU KNOW?

- About 79 million American adults have prediabetes.
- People with prediabetes are likely to develop type 2 diabetes within 10 years, unless they take action to prevent or delay the disease.
- Diabetes is a leading cause of heart disease, stroke, blindness, kidney disease and nerve disease.

THE GOOD NEWS...

Lifestyle changes such as eating healthier, increasing physical activity and losing a modest amount of weight can prevent or delay development of type 2 diabetes in those at high risk for the disease. With the YMCA's Diabetes Prevention Program, you can work with others in a small group setting to learn how to adopt habits that will improve your overall health and well-being and reduce your risk. The program, which is led by a trained Lifestyle Coach in a classroom setting, is delivered over a 12-month period, beginning with 16 weekly sessions followed by monthly maintenance.

UPCOMING CLASSES

Wednesdays at 7:00pm starting November 5th

Wednesdays at 9:30 am starting November 12th

Mondays at 6:15 pm starting November 17th

Saturdays 9am starting November 15

For more information: Please contact :Desi Corella 203-866-4425 X306

dcorella@norwalkymca.org

The YMCA's Diabetes Prevention Program is part of the Centers for Disease Control and Prevention-led National Diabetes Prevention Program and is nationally supported by the Diabetes Prevention and Control Alliance.

People with health insurance provided by United Health should check with their employer about the availability of this program as a covered benefit, or contact the Diabetes Prevention and Control Alliance to confirm eligibility at 1 800 237 4942.

