

## DIABETES PREVENTION PROGRAM



### TAKE CONTROL TODAY

If you are at high risk of developing Type 2 Diabetes, the YMCA's Diabetes Prevention Program can help you make lifestyle changes to improve your overall health and well-being and reduce your chances of developing the disease. Take the first step in controlling your health. If you have one or more of the following conditions, you could be at high risk for developing Type 2 Diabetes:

Overweight \* High Blood Pressure \* A Family History of Diabetes \* Elevated Blood Sugar \* High Cholesterol\*Gestational diabetes\*

Prediabetes is a potentially reversible condition that often leads to diabetes. 79 million people in the United States are estimated to have it. If you have been diagnosed with prediabetes, or believe you may be at risk for developing the disease, the YMCA's Diabetes Prevention Program can help you develop a healthier lifestyle.

The program is a part of the Centers for Disease Control and Prevention's National Diabetes Prevention Program. It is based on the National Institute of Health led, CDC supported, Diabetes Prevention Program study that showed losing a moderate amount of weight and increasing physical activity reduces the number of cases of type 2 diabetes by 58 percent.

The Y is offering this affordable lifestyle change program at various locations in Norwalk and Wilton that is available to people who are pre-diabetic. The program consists of 16 week core sessions followed by monthly maintenance sessions for one year. Day, evening and weekend classes are now forming. This program is offered in both English and Spanish.

For additional information, contact Desiree Corella: [dcorella@norwalkymca.org](mailto:dcorella@norwalkymca.org)