



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ADVANCE AND ENHANCE YOUR LIFE

## YMCA's Diabetes Prevention Program



### YOU CAN TAKE CONTROL

The YMCA's Diabetes Prevention Program helps adults at high risk of developing type 2 diabetes reduce their risk for developing the disease by taking steps that will improve their overall health and well-being.

Research by the National Institutes of Health has shown that programs like the YMCA's Diabetes Prevention Program can reduce the number of new cases of type 2 diabetes by 58% and 71% in adults over the age of 60.

### PROGRAM REQUIREMENTS

- Must be over 18 years of age
- If you one of the following pertains to you:
  - Been diagnosed with prediabetes via blood test
  - qualify via risk assessment

### PROGRAM DETAILS

- DATES:** Begins in July 28, 2020  
25 total class sessions  
Class meets **VIRTUALLY** via Zoom software. Weekly for sessions for weeks 1-16, then every other week for sessions 17-19 and then once a month maintenance sessions 20-25.
- DAYS/TIME:** Tuesdays, 12:00-1:00pm
- FEE:** Contact Tara for more info:  
[tmarshall@whatcomymca.org](mailto:tmarshall@whatcomymca.org)
- LOCATION:** **Zoom Virtual Classes**  
Instructors will conduct the classes via Zoom and links will be sent to registered participants upon registration.

### FOR MORE INFORMATION & TO REGISTER:

Email Tara Marshall, [tmarshall@whatcomymca.org](mailto:tmarshall@whatcomymca.org)