

**YOU CAN TAKE
CONTROL**
REDUCE YOUR RISK TODAY



YMCA'S DIABETES PREVENTION PROGRAM

Measurable Progress, Unlimited Support:
YMCA'S Diabetes Prevention Program Information Session
and Blood Glucose Screening

The Regional YMCA of Western Connecticut will be presenting a FREE informational session on the YMCA's Diabetes Prevention Program on **Tuesday August 7th** at Elmwood Hall in Danbury, CT from **11:00 am-12:00 pm**.

Following the information session, there will be FREE Blood Glucose Screenings until 12:30 pm for those who attend the information session. Registration is appreciated, please call Lisa at the Y at 203.775.4444 ext. 135 to reserve a space.

The **YMCA's Diabetes Prevention Program** is a one-year, community based program where participants work in small groups with a trained Lifestyle Coach in a relaxed, classroom setting. Sessions are held in a group setting where participants learn how to incorporate healthier eating, moderate physical activity, problem-solving and coping skills into their daily lives.

A new class will be forming Thursday August 23rd at 10:00 am at Elmwood Hall.

For more information on the program please contact Lisa O'Connor, Wellness Director at the Regional YMCA at [203.775.4444 ext 135](tel:203.775.4444).

29 MILLION AMERICANS HAVE
DIABETES
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86 MILLION AMERICANS HAVE
PREDIABETES
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