



## Information Session

Tuesday October 8<sup>th</sup> at 10:00am

Join the Regional YMCA of Western Connecticut at Elmwood Hall to learn more about the YMCA's Diabetes Prevention Program. [The YMCA's Diabetes Prevention Program](#) is a yearlong program that provides group support, accountability and education to help make lifestyle changes to prevent Type 2 Diabetes.

Those who qualify for the year long program might be eligible for a grant to cover the cost of the program.

Information session will be held Tuesday October 8<sup>th</sup> at 10:00 am. A new class will be forming Tuesday October 22<sup>nd</sup>.

For more information please contact:

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