



FOR YOUTH DEVELOPMENT\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# REDEFINE YOUR HEALTH TRANSFORM YOUR LIFE

**Diabetes Prevention Program  
Cumberland Cape Atlantic YMCA**

**NEW CLASSES BEGIN:**

**Wednesday,  
February 7, 2018**

To see if you qualify or for  
additional information, contact:

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**Change is tough— we can help.**

If you're at risk for type 2 diabetes, you can make small, measurable changes that can reduce your risk and help you live a happier, healthier life.

## **PROGRAM FEATURES**

- 25 sessions delivered over the course of one year.
- Led by a trained Lifestyle Coach.
- A group that offers motivation and support.