



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DIABETES ALERT DAY TABLING EVENT

TUESDAY, MARCH 26

In Our Front Lobby

9:30am – 12:00pm & 5:00pm – 7:00pm



ARE YOU AT RISK FOR TYPE 2 DIABETES?

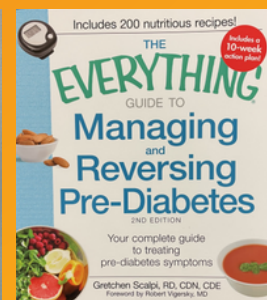
To raise Diabetes awareness in our community, we will be hosting a tabling event in the front lobby on Tuesday, March 26th. Stop by our information table to learn more about our Prevent T2 Diabetes program and how to change your habits to help Prevent T2 Diabetes and/or Control Diabetes.

- Take a risk assessment quiz to see if you are at risk for T2 Diabetes
- Sample some healthy foods and learn about their health benefits
- Enjoy one of our 2 “No Bake Energy Bar” demos (at 10am & 11am)
- Learn how to count your fat grams
- Learn how to read food labels
- Learn more about how to prevent T2 diabetes with our program

If you stop by and take the risk quiz you will be entered into a drawing to win a cook book or blue tooth digital scale.

**Prevent T2 Diabetes Class Starts in
June 2024**

Contact Pam Heaton for more
information (856) 691-0030 ext. 114 or
pheaton@ccaymca.org



Cumberland Cape Atlantic YMCA

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