

NEW Class
Starting
April 7th
6-7 pm



Y DIABETES PREVENTION PROGRAM

Redefine Your Health Transform Your Life

Cumberland Cape Atlantic YMCA

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. Join us for Y Diabetes Prevention Program - a no cost program for individuals at risk for type 2 diabetes!

Program Features:

- **25 sessions delivered over the course of one year! Participants will learn:**
 - The basics of eating healthy and nutrition**
 - How to turn being active into a lifestyle**
 - How to take charge of what's around you**
- **Sessions led by a trained Lifestyle Coach**
- **A group that offers motivation and support**

New Class Mondays 6:00-7:00 starting April 7th!

**To see if you qualify or for more information, contact Pamela Heaton at
(856) 691-0030 ext. 114 or pheaton@ccaymca.org**