



BIG REWARDS SMALL STEPS

Diabetes Prevention Program YORK YMCA & FAMILY FIRST HEALTH

A LOT CAN HAPPEN IN ONE YEAR

Join the **YMCA's Diabetes Prevention Program** and learn how to reduce your risk for developing diabetes, one small step at a time.

Program Dates:

Tuesdays, 5:30 – 7:00 PM

Every week: May 3 – August 16, 2016

Every other week: August 30, September 13, September 27, October 11

Every month: November 8, December 13, January 10, February 14, March 14, April 11, 2017

Location:

Family First Health

Childcare:

Provided onsite by the York Branch YMCA

Program Cost:

Free with United Healthcare Insurance or YMCA scholarships

The Program:

Learn how to eat well & exercise to stop the onset of Diabetes.

5:30 – 6:00 PM – Blood Pressure & weight check

6:00 – 7:00 PM – Group discussion & healthy dinner

Special Gifts:

YMCA guest passes

Exercise supplies

Produce voucher

Calorie King book

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For more information, contact:

ANGIE BRANDT

YORK BRANCH YMCA

90 N NEWBERRY STREET YORK, PA 17401

717-843-7884 X248



The YMCA's Diabetes Prevention Program is part of the Centers for Disease Control and Prevention-led National Diabetes Prevention Program and is nationally supported by the Diabetes Prevention & Control Alliance.

People with private health insurance should check with their employer about the availability of this program as a covered benefit, or contact the Diabetes Prevention & Control Alliance to confirm eligibility at 1 800 237 4942.