YMCA’S DIABETES PREVENTION PROGRAM

The YMCA’s Diabetes Prevention Program helps adults at risk for type 2 diabetes by taking steps that will improve their overall health and well-being.

Program Goals:
• Reduce body weight by 7%
• Increase physical activity to 150 minutes per week

Program Description:
• Small group, supportive environment
• Classroom based program
• Year-long, evidence-based program, with built in structure and enough flexibility for individual variation
• Sessions led by trained Lifestyle Coach

For more information and to see if you qualify contact:
Nicole Martinovich, Healthy Initiatives Coordinator
707-545-9622 ext 3412, nmartinovich@scfymca.org

*Next Sessions Start
Mon. Dec 9th, 6 pm
&
Wed. Dec 11th, 12:30 pm