

DIABETES PREVENTION PROGRAM

ARE YOU AT RISK FOR TYPE 2 DIABETES?

**Classes Begin
October 2021**

Join in-person or virtually.

Member Rate: \$40 Non-Member Rate: \$75

**Contact Mike Callanan | 304.525.8127 ext 125
email: weightloss@huntingtonymca.org**

The YMCA Diabetes Prevention Program provides a supportive environment to learn how to adopt healthy habits and reduce your chances of developing this disease.

- Classes led by trained lifestyle coaches certified by the CDC
- 16 weekly sessions, 4 bi-weekly sessions and 6 monthly sessions
- Work with others in a small group setting



For More Information:

304.525.8127 | huntingtonymca.org

Free Healthy Food for Every Participant

Program Includes:

- Individual services from a registered dietitian and exercise professionals
- Baseline assessments with monthly follow ups
- Personal training
- Cooking Classes

You will set goals for:

- Losing Weight
- Increasing physical activity
- Embracing healthy eating habits

National Institute of Health research proves that programs like the YMCA Diabetes Prevention Program can reduce the number of cases of type 2 diabetes by almost 60%.

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



YMCA of Huntington



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Please complete all information. Incomplete forms will not be processed.

Diabetes Prevention Program Interest Form

PLEASE PRINT CLEARLY

NAME: _____ PHONE (_____) _____

HAVE YOU EVER BEEN DIAGNOSED WITH:

Pre-Diabetes: yes no

Type 2 Diabetes: yes no

Gestational Diabetes: yes no

On-Set Diabetes: yes no

WE WILL CONTACT YOU WITH A START DATE AND TIME.