



YMCA's DIABETES PREVENTION PROGRAM

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TAKE CHARGE OF YOUR HEALTH REDUCE YOUR RISK

SESSIONS Tuesdays, 11:45 a.m. – 12:45 p.m., **BEGINNING JANUARY 18**

You'll receive a full year of support and learn how to eat healthy, add physical activity to your routine, manage stress, stay motivated, and solve problems that can get in the way of your goals. This program is proven to prevent or delay type 2 diabetes.

PLACE Eugene Family YMCA
or **ZOOM** (your choice)
2055 Patterson St., Eugene

COST 12 payments of \$35.75
scholarships are available

ADVANCED REGISTRATION REQUIRED:

Call: 541.686.9622 or

Email: prevention@eugeneymca.org



The **YMCA's Diabetes Prevention Program** is a lifestyle change program for adults with prediabetes and is led by the Centers for Disease Control and Prevention.

The Y.™ Here for you.