



# YMCA's DIABETES PREVENTION PROGRAM

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## TAKE CHARGE OF YOUR HEALTH REDUCE YOUR RISK

**PROGRAM** Tuesdays, **BEGINNING JAN 24**

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  
2055 Patterson St., Eugene

**COST** 12 payments of \$35.75  
financial assistance is available

**ADVANCED REGISTRATION REQUIRED**

**Call:** 541.686.9622 ext. 237

**Email:** [prevention@eugeneymca.org](mailto:prevention@eugeneymca.org)



The **YMCA's Diabetes Prevention Program** is a lifestyle change program for adults with prediabetes and uses PreventT2, a program of the Centers for Disease Control and Prevention, which is based on 25 years of scientific research on proven strategies for preventing or delaying the onset of type 2 diabetes.

**The Y.™ Here for you.**