

# YOU CAN MAKE A CHANGE FOR LIFE.



Have you ever been told by a health care professional that you:

- Are at risk for getting diabetes?
- Have prediabetes?
- Have high blood sugar or glucose?
- Had gestational diabetes?



## The National Diabetes Prevention Program

teaches participants strategies for incorporating physical activity into daily life and eating healthy. Lifestyle coaches work with participants to identify emotions and situations that can sabotage their success, and the group process encourages participants to share strategies for dealing with challenging situations.



### UPCOMING CLASS

**LOCATION:** YMCA of Greater Flint • Pierson Rd

**START DATE:** Thursday, June 2, 2016 • 5 – 6pm

**COST:** \$50

**DPP IS A YEAR-LONG PROGRAM • CLASS IS 16 WEEKS  
FOLLOWED BY 6 MONTHLY SESSIONS**

Please call 844.WELL4ME (935-5463) or

email [PreventDiabetes@hurleymc.com](mailto:PreventDiabetes@hurleymc.com) to register