the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OFFERED AT **NO COST** TO MEDICARE BENEFICIARIES*

NEW SESSION: AUGUST 8TH 6 PM



REDEFINE YOUR HEALTH

Transform Your Life

YMCA's Diabetes Prevention Program

If you're at risk for type 2 diabetes, you can make small, measurable changes that can reduce your risk and help you live a happier, healthier life.

NEXT SESSION AVAILABLE

August 8th, 2024
Thursdays 6pm-7pm
Stoughton Branch

SIGN UP TODAY! **Contact Meaghan Avery**

MAvery@oldcolonyymca.org or 781-341-2016 x231

*Medicare participants must present their Medicare information to ensure they

PROGRAM FEATURES

- 25 sessions delivered over the course of one year
- Led by a trained Lifestyle Coach
- A group that offers motivation and support

OLD COLONY YMCA—Diabetes Prevention Program