

YMCA DIABETES PREVENTION PROGRAM

NOW ENROLLING AT THE HALE FAMILY YMCA

CHANGE IS TOUGH. WE CAN HELP.

The YMCA Diabetes Prevention Program is a CDC-recognized program that provides a supportive environment where participants work together in a small group to learn about healthier eating and increasing their physical activity to reduce their risk for developing diabetes. The 12-month program, led by a trained Lifestyle Coach in a classroom setting, begins with 16 weekly sessions followed by monthly maintenance.

PROGRAM FEATURES

- 12-month program - 16 weekly sessions followed by monthly maintenance
- Led by a professionally trained Lifestyle Coach
- Next session starts Tuesday, February 10th at 11-12 pm
- Location: Hale Family YMCA (79 Coddington St. Quincy, MA)
- Program is Free with Physician Referral — a $429 value!

LEARN MORE

CONTACT

For more information, contact Mary Kenney RN, BSN, MSCN at 857-403-4708 or MKenney@ssymca.org

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