



eliminating racism
empowering women
ywca

PREVENTION SUPPORT

YMCA's Diabetes Prevention Program

MARSHALLTOWN YMCA-YWCA

If you are at risk for developing Type 2 Diabetes, and are ready to make small changes towards a healthier lifestyle - **SIGN UP TODAY!**

HOW IT WORKS

This year-long program consists of one hour sessions in a small group setting held at the Marshalltown YMCA-YWCA. Each class is led by a trained Lifestyle Coach. Throughout the year you will learn strategies needed to reduce your risk of developing Type 2 Diabetes and live a happier, healthier life.

DO YOU QUALIFY?

To participate in the program, you must be:

- 18 years or older,
- Overweight (BMI ≥ 25), and
- Diagnosed with prediabetes via one of three blood test (A1C, Fasting Plasma Glucose, or 2-Hour Plasma Glucose) or a previous diagnosis of gestational diabetes.

If you don't have a blood test result, you must qualify via risk score.

TWO CLASS TIMES OFFERED!

Enrollment is limited to the first fifteen participants for each class. A minimum of 8 participants in each class is needed for the scheduled program time to begin.

HOW TO ENROLL

Contact Keisha Lockhart at 641.752.8658.



TUESDAYS
5:30-6:30PM
BEGINNING
February 18th

THURSDAYS
12-1pm
BEGINNING
February 20th

NEW CLASS

STARTING SOON