



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# MEASURABLE PROGRESS UNLIMITED SUPPORT

**Diabetes Prevention Program**  
**RYE YMCA**

SUPPORTED BY:



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. **Change is tough - we can help.**

## PROGRAM FEATURES

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

## START OF CLASSES:

**New Class Forming Now**  
**Westchester County Health Department**  
**20 South Broadway, Yonkers, NY**

## SIGN UP TODAY!

To find out if you qualify or to get more information, contact:

Heidy Barros  
914-967-6363 x.114  
heidybarros@ryeymca.org

The YMCA's Diabetes Prevention Program uses a CDC-approved curriculum and is part of the CDC-led National Diabetes Prevention Program.

Rye YMCA and the National Council of Young Men's Christian Association of the United States of America ("YMCA of the USA") have made a commitment to collaborate with the nation's YMCAs on efforts to support a national movement to increase awareness and take measures to prevent diabetes and its complications among groups at risk, and to help support treatment outcomes for individuals who have confirmed diagnoses or indications of prediabetes by promoting an effective lifestyle change. YMCA of the USA nor any YMCA offering the YMCA's Diabetes Prevention Program warrants or guarantees any specific outcomes for program participants with respect to diabetes prevention.