



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



REDEFINE YOUR HEALTH TRANSFORM YOUR LIFE

Diabetes Prevention Program Greater Somerset County YMCA

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.

YMCA'S DIABETES PREVENTION PROGRAM:

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

INFORMATION SESSIONS:

SATURDAY, JANUARY 27 • 11AM – 12PM

NEW CLASSES BEGIN: WEDNESDAY, JANUARY 31

YMCA MEMBERSHIP NOT REQUIRED!

To see if you qualify or for more information, contact:
Lisa Pensabene at lpensabene@gscymca.org

Greater Somerset County YMCA complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-877-652-1148 (TTY: 1-711-652-1148).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-652-1148 (TTY: 1-711-652-1148).

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

The Y is a leading nonprofit committed to improving the nation's health. Financial assistance is available to those who qualify. Please contact the Y for more information.

YMCA's Diabetes Prevention Program ("YMCA's DPP") uses a CDC-approved curriculum and is part of the CDC-led National Diabetes Prevention Program. YMCA of the USA offers access to YMCA's DPP through a network of local YMCAs, and YMCA's DPP may or may not be a covered benefit under your health insurance policy, worksite wellness program, Medicare Plan, or other applicable federally funded healthcare program. To find out whether YMCA's DPP is covered under your policy and to determine any cost-sharing responsibilities, contact your insurance company, health plan administrator, wellness program sponsor, Medicare or Medicaid. Any dispute regarding coverage of YMCA's DPP should be brought to your insurance provider or benefit program administrator. Neither YMCA of the USA nor any local YMCA warrants or guarantees any specific outcome for YMCA's DPP participants with respect to diabetes prevention.