

NEW CLASS
Starting
October 23rd
VIRTUAL

PREVENT T2 DIABETES PROGRAM

Redefine Your Health Transform Your Life

Cumberland Cape Atlantic YMCA

Change is tough—we can help!

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. Join us for Y Diabetes Prevention Program - a no cost program for individuals at risk for type 2 diabetes!

Program Features:

- 27 sessions delivered via Zoom over the course of one year! Participants will learn:
 - The basics of eating healthy and nutrition
 - How to turn being active into a lifestyle—including YMCA360 in sessions
 - How to take charge of what's around you
- Sessions led by a trained Lifestyle Coach
- A group that offers motivation and support

New VIRTUAL ONLY Class – Mondays 5:45–6:45 starting October 23rd

To see if you qualify or for more information, contact Pamela Heaton at
(856) 691-0030 ext. 114 or pheaton@ccaymca.org