



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DIABETES PREVENTION PROGRAM

**Change is tough. We can help.**

The **YMCA's Diabetes Prevention Program** helps people at high risk of developing type 2 diabetes adopt healthy lifestyles by eating healthier, increasing physical activity and losing a modest amount of weight.

Research shows that this program can reduce the risk of developing type 2 diabetes by **58%** for adults ages 18 and over, and by an amazing **71%** for adults over 60.

In a classroom setting, a trained lifestyle coach facilitates a small group of participants in learning about healthier eating, physical activity and other behavior changes in a unique year-long program.

**Significant scholarships** and **grant funding are available** – no one is turned away due to inability to pay!

**Program begins Friday, August 16th 10:30-11:30am.**

**Host site:**

The Lorain Historical Society

329 W. 10<sup>th</sup> Street

Lorain, OH 44052

To enroll, for more information, and to see if you are eligible, leave us a message at:

**440.574.0580**. We will return your call.

[www.clevelandymca.org/diabetes-prevention](http://www.clevelandymca.org/diabetes-prevention)

\*Open to all eligible people in the community.  
Y membership is NOT required.

\*People who have a diagnosis of diabetes  
are NOT eligible for this prevention program.

