



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

UNLIMITED SUPPORT MEASURABLE PROGRESS

Diabetes Prevention Program YMCA OF WICHITA FALLS

The Y is enrolling participants in our Diabetes Prevention Program classes. This program is for people who are at a high risk of developing diabetes, due to family history, elevated blood glucose levels, or other risk factors. Classes meet once a week for 16 weeks, then 8 monthly follow-up meetings. Learn how to lose weight, make practical healthier food choices, get/stay motivated, and manage stress! Here are the options for classes:

- Mondays @ 6p, Family Y
- Mondays @ 6p, Downtown Y
- Tuesdays @ 6p, Family Y
- Tuesdays @ 6p, Downtown Y
- Wednesdays @ 12p & 6p, Downtown Y

PRICE: \$40 for members; \$50 for nonmembers (membership will be included!)

CONTACT: Donisha Reed
Health & Wellness Director
940-322-7816 or Donisha@ymcawf.org