



**YMCA OF
GREATER DAYTON**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DIABETES PREVENTION PROGRAM

CLASSES STARTING: JUNE 22ND

5:30-6:30 PM
DOWNTOWN YMCA

Looking to improve your lifestyle and make a change? You can make changes that can reduce your risk for chronic disease 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.
- Accountability and encouragement towards reaching your goals.
- A group that offers motivation and support.



**FOR PROGRAM COST &
INFORMATION, PLEASE CALL:**

(937) 531-444

OR E-MAIL:

YWellnessSupport@daytonymca.org

DAYTONYMCA.ORG