



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REDEFINE YOUR HEALTH TRANSFORM YOUR LIFE

Diabetes Prevention Program

Virtual program available

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 AND INFORMATION,
PLEASE CALL:** Ali Schulze at 937-223-5201
or aschulze@daytonymca.org

Classes starting in June! Montgomery County Employees

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

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-696-6775.

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-877-696-6775。

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.

www.DaytonYMCA.org