



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOU CAN TAKE CONTROL

YMCA's Diabetes Prevention Program

YMCA of Eastern Union County

The YMCA's Diabetes Prevention Program cuts type 2 diabetes risk in half and gives individuals at high risk for developing the disease tools for healthy living.

Course Offerings:

Five Points Branch

201 Tucker Avenue

Wednesday 12:00-1:00 PM

Beginning November 30th for 16 weeks

Five Points Health and Well –Being Center

1000 Galloping Hill Road

Wednesday 6:00 – 7:00 PM

Beginning November 30th for 16 weeks

Rahway Branch

1564 Irving Street

Tuesday 5:30-6:30 PM

Beginning November 29th for 16 weeks

Upon completion of the 16 week core program monthly support maintenance meetings will be held for 1 year.

Program Cost:

\$120.00 Members

\$199.00 Non-Members

Contact for registration:

Alane McCahey, Director of Association Initiatives

908-249-4806

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