



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOU CAN TAKE CONTROL

DIABETES PREVENTION PROGRAM

YMCA of Eastern Union County

You can reduce your risk for type 2 diabetes
and gain tools for healthy living.

NEW CLASSES BEGINNING FEBRUARY/MARCH 2012!

All Classes are for 16 weeks:

Rahway Branch – 1567 Irving Street, Rahway NJ

Tuesday, February 28, 2012 6:00 PM

Five Points Branch, 201 Tucker Avenue, Union NJ

Wednesday, February 29, 2012 12:00 PM

Five Points Wellness Center 1000 Galloping Hill Road

Tuesday, March 6, 2012 6:30 PM

Elizabeth Branch, 135 Madison Avenue, Elizabeth NJ

Monday, March 5, 2012 7:00 PM

Five Points Branch 201 Tucker Avenue, Union NJ

Saturday, March 10, 2012 10:00 AM

Elizabeth Branch 135 Madison Avenue, Elizabeth NJ

Thursday, March 15, 2012 6:00 PM

Program Cost:

YMCA Members \$125.00

Non-Members \$199.00

Branches in Elizabeth, Union and Rahway

Contact Alane McCahey

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Visit our website www.ymcaeuc.org

