



CHRONIC DISEASE PREVENTION

LAKELAND HILLS FAMILY YMCA



DIABETES PREVENTION PROGRAM



The Y is a leading nonprofit committed to improving the nation's health, one person at a time! Did you know that 1 in 3 adults don't even know they have prediabetes? If you're at risk for type 2 Diabetes, you can make small, measurable changes that can reduce your risk and help you live a happier, healthier life. Start right **NOW!**

PROGRAM FEATURES

- 25 sessions delivered over the course of one year
- Led by a *trained* Lifestyle Coach
- A group that offers motivation *and* support

DATES

- Next session begins soon
- Meetings are Wednesdays at 6:00pm
- Thanks to a state grant this program is offered at **NO CHARGE!**

CONTACT

Health & Wellness Director Darlene Kievit

- Phone: 973.507.7026
- Email: Darlenek@Lhymca.com



LAKELAND HILLS FAMILY YMCA

100 Fanny Road, Mountain Lakes, NJ 07046

P 973 334 2820 F 973 334 1308

www.lakelandhillsymca.com