

REDEFINE YOUR HEALTH TRANSFORM YOUR LIFE



DID YOU KNOW?

- Eating too much sugar does not cause diabetes, but being overweight is a risk factor
- People with prediabetes may not have any symptoms
- An estimated 88 million Americans ages 20+ have prediabetes
- More than 8 in 10 have NO IDEA they're at risk!

Research from the National Institutes of Health has shown that programs like the YMCA's Diabetes Prevention program reduce the number of new cases of Type 2 diabetes by 58% overall and by 71% in people 60+.



CHANGE IS TOUGH — WE CAN HELP!
Let's face it, if change were easy, we'd all do it. You've spent years developing habits that you can't expect to change overnight. It's tough. We can help.

The YMCA's Diabetes Prevention Program gives you the skills you need and the support you deserve to make lasting, healthy lifestyle changes.

If you're at risk for Type 2 diabetes, you can make small, but measurable changes that can reduce your risk & help you live a happier, healthier life.



DOWNTOWN BRANCH

146 Arsenal Street
Watertown, NY 13601

For questions or to enroll, contact:
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WATERTOWN FAMILY YMCA 12-MONTH DIABETES PREVENTION PROGRAM



IN PARTNERSHIP WITH



Office for
the Aging

**FREE
FOR
60+**



175 YEAR
ANNIVERSARY

▶ watertownymca.org



12-MONTH DIABETES PREVENTION PROGRAM

STARTING September 8 at 12:00PM

- To begin, 16 weekly sessions
- Then 4 sessions every other week
- Followed by 6 monthly sessions

LOCATION Downtown YMCA
Community Conference Room

DESCRIPTION To reduce your risk for diabetes, the goal of the program is to reduce body weight by 7% & increase physical activity by at least 150 min/wk week in the first half of the program.

ELIGIBILITY Must be at least 18 and have a qualifying risk score or be:

- Overweight with a BMI ≥ 23 –25
- Diagnosed with prediabetes via a blood test
- Previous diagnosis of gestational diabetes
- Individuals who have been diagnosed with Type 1 or Type 2 diabetes do not qualify
- YMCA membership is not required to participate

PROGRAM FEES

- For those 60+, the Office for the Aging will cover costs
- Ask about scholarship options
- Please call for pricing

AS A PARTICIPANT, YOU'LL ENJOY:

- A safe space where you can feel comfortable sharing and learning in private
- Making new friends—support each other as everyone trades old habits for healthier new ones
- Working as a group means you don't have to figure this out alone
- The new energy and confidence that comes with losing weight and reducing your risk for diabetes
- The flexibility of beginning the program when it's convenient for you. Enrollment is ongoing!
- 25 classes over a year with a supportive group of people who share common goals

**IMPROVE YOUR HEALTH,
BOOST YOUR ENERGY!**



**GROUP SUPPORT KEEPS
YOU MOTIVATED!**

Everyone needs a push, a pat on the back, a helping hand sometimes.

A little encouragement goes a long way when you're making big changes.



WHAT IS PREDIABETES?

Prediabetes occurs when blood sugar levels are higher than normal but not high enough for a Type 2 diabetes diagnosis.

Risk for developing Type 2 diabetes may be reduced or eliminated by weight loss, healthier eating and increased physical activity.

If you think you are at an increased risk for having prediabetes or Type 2 diabetes, **talk to your doctor** to see if you should have your blood sugar tested.

To find out if you qualify, contact:

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