



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



REDEFINE YOUR HEALTH TRANSFORM YOUR LIFE

Diabetes Prevention Program Learning Session

Free Learning Sessions!

Dec 13th, 2017 at 6:30pm-7:30pm

**Location: Massad Family YMCA
Classroom 3**

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What you will Learn:

- If you qualify for the program
- The program structure
- Facts about Prediabetes

YMCA Membership is not Required!

Supported by:

