



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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212 BUTLER RD. FALMOUTH, VA 22405**

### What you will Learn:

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

**YMCA Membership is not Required!**

### Supported by:

