



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



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.

**Change is tough—
we can help.**

PROGRAM FEATURES

- 16 weekly sessions, then 9 follow-up sessions.
- A group that offers motivation and support.
- Generous scholarships available!

Contact:

HEALTHYLIVING

@CLEVELANDY.ORG

440.574.0580 216.509.3480

The Y is a leading nonprofit committed to improving the nation's health. GENEROUS financial assistance is available to those who qualify. Please contact us for more information.

MEASURABLE PROGRESS UNLIMITED SUPPORT

**Diabetes Prevention Program
YMCA OF GREATER CLEVELAND
SERVING LORAIN COUNTY**

The YMCA's Diabetes Prevention Program uses a CDC-approved curriculum and is part of the CDC-led National Diabetes Prevention Program.

YMCA of Greater Cleveland and the National Council of Young Men's Christian Association of the United States of America ("YMCA of the USA") have made a commitment to collaborate with the nation's YMCAs on efforts to support a national movement to increase awareness and take measures to prevent diabetes and its complications among groups at risk, and to help support treatment outcomes for individuals who have confirmed diagnoses or indications of prediabetes by promoting an effective lifestyle change. YMCA of the USA nor any YMCA offering the YMCA's Diabetes Prevention Program warrants or guarantees any specific outcomes for program participants with respect to diabetes prevention.