



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOU CAN TAKE CONTROL

## YMCA's Diabetes Prevention Program

### You can reduce your risk for type 2 diabetes and gain tools for healthy living

The YMCA's Diabetes Prevention Program is based on research funded by the National Institutes of Health and the Centers for Disease Control and Prevention which showed that by eating healthier, increasing physical activity and losing a small amount of weight, a person with pre-diabetes can prevent or delay the onset of type 2 diabetes by 58%.

In a classroom setting, a trained lifestyle coach will help you change your lifestyle by learning about healthy eating, physical activity and other behavior changes over the course of 16 one-hour sessions. Topics covered include healthy eating, getting started with physical activity, overcoming stress, staying motivated, and more. After the initial 16 core sessions, you will meet monthly for added support to help maintain your progress.

### Program Goals:

- Reduce body weight by 7%
- Increase physical activity to 150 minutes per week

**February 16 - May 31**  
**Thursdays, 2:00 - 3:00 pm**

**COST: YMCA MEMBERS FREE;**  
**NON-YMCA MEMBERS \$169**  
**Reduced fees are available for those who qualify.**

ATRIO members should check with their employer for program availability.

**The YMCA is committed to helping prevent chronic disease by giving individuals of all ages tools for healthy living.**

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