



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BIG REWARDS SMALL STEPS

Diabetes Prevention Program YMCA CAPE COD

A LOT CAN HAPPEN IN ONE YEAR

Join the **YMCA's Diabetes Prevention Program** and learn how to reduce your risk for developing diabetes, one small step at a time.

Our one-year community-based program is designed to enable adults to make lifestyle changes that will improve their overall health and reduce their risk of developing type 2 diabetes.

The YMCA's Diabetes Prevention Program is supported by the Centers for Disease Control and Prevention, the Diabetes Prevention and Control Alliance, and other national organizations committed to preventing chronic disease.

YMCA MEMBERSHIP NOT REQUIRED.

To see if you qualify or for information about program fees and financial assistance, contact:

PATIENCE SMITH-CABRERA

2245 Route 132

West Barnstable, MA 02668

508-362-6500 ext 136

www.ymcacapecod.org

New cases of diabetes are reduced

58% by programs like ours.

Programs like the YMCA's Diabetes Prevention Program reduce the number of new cases of diabetes by 58% overall and by 71% in individuals over age 60.

Research from the National Institutes of Health

The YMCA's Diabetes Prevention Program is part of the Centers for Disease Control and Prevention-led National Diabetes Prevention Program and is nationally supported by the Diabetes Prevention and Control Alliance.

People with private health insurance should check with their employer about the availability of this program as a covered benefit, or contact the Diabetes Prevention and Control Alliance to confirm eligibility at 1 800 237 4942.

YMCA CAPE COD, ("YMCA") 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 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. The parties referenced above do not warrant or guarantee any specific outcomes for program participants, with respect to diabetes prevention.

