



**CHRONIC DISEASE
PREVENTION**
LAKELAND HILLS FAMILY YMCA



CHRONIC DISEASE PROGRAMS SCHEDULE



April / May / June 2021

If you or a loved one have chronic disease symptoms or have been newly diagnosed with a medical condition, check our comprehensive roster of Chronic Disease Prevention Programs, many at no charge without a membership requirement. The current schedule of these evidence-based health initiatives is for the second quarter of 2021:

- **Cardiac Care Maintenance Program** Y Membership Required; Additional Fee
- **Diabetes Prevention Program** No Membership Required; No Fee
- **Enhance Fitness® Arthritis Program** Free for Members; Fee for Non-Members
- **LIVESTRONG® at the YMCA Oncology Program** No Membership Required; No Fee
- **Multiple Sclerosis One-Step Program** Free for Members; Fee for Non-Members

CARDIAC CARE MAINTENANCE PROGRAM	DIABETES PREVENTION PROGRAM	ENHANCE FITNESS ARTHRITIS PROGRAM	LIVESTRONG AT THE YMCA ONCOLOGY PROGRAM	MULTIPLE SCLEROSIS ONE-STEP PROGRAM
Monday, Wednesday & Friday 9:00am-1:00pm	Held Virtually Wednesdays 6:00-7:00pm	Monday & Wednesday 11:15am - Noon	Monday & Wednesday 2:00-3:00pm & 6:00-7:00pm	Tuesday 5:00pm-6:00pm Thursday 10:00am-11:00am

For more information on any of our Chronic Disease Prevention Programs, please email: Anthony Shlovlowsky at anthonys@lhymca.com for Cardiac Care and Diabetes Prevention, or Darlene Kievit at darlenek@lhymca.com for Enhance Fitness, LIVESTRONG at the YMCA, and MS One-Step Program.

LAKELAND HILLS FAMILY YMCA
100 Fanny Road, Mountain Lakes, NJ 07046
P 973 334 2820 F 973 334 1308
www.lakelandhillsymca.com

