



## CHRONIC DISEASE PREVENTION

LAKELAND HILLS FAMILY YMCA



# PREDIABETES PROGRAM

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.



The Y is a leading nonprofit committed to improving the nation's health, one person at a time! Our **DIABETES PREVENTION PROGRAM** is part of a comprehensive **Chronic Disease Prevention Program** offered by the Lakeland Hills Family YMCA.

Did you know that 1 in 3 adults don't even know they have prediabetes? This first step will improve your health and may change your life! What are you waiting for?

### PROGRAM FEATURES

- 25 sessions delivered over the course of one year
- Led by a trained Lifestyle Coach
- A group that offers motivation and support

### DATES

- Next session begins Thursday, September 23
- Meetings will be held virtually
- Thanks to a grant this program is offered at NO COST!

### CONTACT

Fitness Director Anthony Shovlowsky

- Phone: 973.507.7040
- Email: [Anthonys@Lhymca.com](mailto:Anthonys@Lhymca.com)

**SIGN UP NOW**



 **REDEFINE YOUR HEALTH  
TRANSFORM YOUR LIFE** Diabetes Prevention Program

### LAKELAND HILLS FAMILY YMCA

100 Fanny Road, Mountain Lakes, NJ 07046

P 973 334 2820 F 973 334 1308

[www.lakelandhillsymca.com](http://www.lakelandhillsymca.com)

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