



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOU CAN TAKE CONTROL

DIABETES PREVENTION PROGRAM

Treasure Valley Family YMCA

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

Did you know that losing a modest amount of weight and increasing your physical activity could help you prevent or delay type 2 diabetes? Learn how the YMCA's Diabetes Prevention Program can help you reach your healthy living goals.

Starts: March 6th (16 weeks sessions)

Time: 5pm -6pm

Where: 1150 W. State Street, second floor

**Cost: Member - \$180.00 / Non-member - \$250.00
(financial assistance available)**

To see if you qualify, contact:

Kimberly Justus

208 344 5502 ext 362

