PREVENTION SUPPORT
YMCA’s Diabetes Prevention Program
MARSHALLTOWN YMCA-YWCA

If you are at risk for developing Type 2 Diabetes, and are ready to make small changes towards a healthier lifestyle - SIGN UP TODAY!

HOW IT WORKS
This year-long program consists of one hour sessions in a small group setting held at the Marshalltown YMCA-YWCA. Each class is led by a trained Lifestyle Coach. Throughout the year you will learn strategies needed to reduce your risk of developing Type 2 Diabetes and live a happier, healthier life.

DO YOU QUALIFY?
To participate in the program, you must be:
- 18 years or older,
- Overweight (BMI ≥25), and
- Diagnosed with prediabetes via one of three blood tests (A1C, Fasting Plasma Glucose, or 2-Hour Plasma Glucose) or a previous diagnosis of gestational diabetes.

If you don’t have a blood test result, you must qualify via risk score.

TWO CLASS TIMES OFFERED!
Enrollment is limited to the first fifteen participants for each class. A minimum of 8 participants in each class is needed for the scheduled program time to begin.

HOW TO ENROLL
Contact Keisha Lockhart at 641.752.8658.

NEW CLASS STARTING SOON

TUESDAYS
5:30-6:30PM
BEGINNING
February 18th

THURSDAYS
12-1pm
BEGINNING
February 20th