

DO WHAT YOU
LOVE
LONGER



**LEARN
MORE**



YMCA's Diabetes Prevention Program

86 million people are at risk. ARE YOU? 1 in 3 adults have prediabetes but most don't know it. Learn about risks for diabetes and how to make small lifestyle changes that can make a big difference in your long-term health. The Y is your partner in health and wellness at every stage of life.

Drop by an information session to learn more and tour the Y. Bring a friend - all are welcome!

For additional details, contact Natassah Williams at nwilliams@seattleyymca.org.



JOIN US!

Tuesday, November 5

9:00-10:00am

OR

Saturday, November 16

3:00-4:00pm

**Kent YMCA
10828 SE 248th St.
Kent, WA 98030**

For more information or to enroll in the Diabetes Prevention Program, call 206 432 8904 or visit seattleyymca.org/diabetespreventionprogram