



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



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.

**Change is tough—  
we can help.**

### PROGRAM FEATURES

- 16 weekly sessions, then by 8 monthly sessions.
- Led by a trained Lifestyle Coach.
- A group that offers motivation and support.

### Contact:

**MICHAEL JOHNSON**  
908-249-4809

The Y is a leading nonprofit committed to improving the nation's health. Financial assistance is available to those who qualify. Please contact the Y for more information.

The YMCA's Diabetes Prevention Program uses a CDC-approved curriculum and is part of the CDC-led National Diabetes Prevention Program.

The Gateway Family YMCA and the National Council of Young Men's Christian Association of the United States of America ("YMCA of the USA") have made a commitment to collaborate with the nation's YMCAs on efforts to support a national movement to increase awareness and take measures to prevent diabetes and its complications among groups at risk, and to help support treatment outcomes for individuals who have confirmed diagnoses or indications of prediabetes by promoting an effective lifestyle change. YMCA of the USA nor any YMCA offering the YMCA's Diabetes Prevention Program warrants or guarantees any specific outcomes for program participants with respect to diabetes prevention.

# MEASURABLE PROGRESS UNLIMITED SUPPORT

**Diabetes Prevention Program**  
**THE GATEWAY FAMILY YMCA**