



# TRANSFORM YOUR LIFE

## Diabetes Prevention Program



The Corona-Norco Family YMCA's Diabetes Prevention Program (DPP) helps adults at high risk of developing type 2 diabetes adopt and maintain a healthy lifestyle. A DPP coach will provide you support, encouragement, and accountability. Topics include nutrition, healthy weight loss, stress management, staying motivated, and more. Our updated program includes group exercise to support participants in meeting their activity goals.

### PROGRAM REQUIREMENTS

- Must be over 18 years of age
- If one of the following pertains to you
  - Been diagnosed with prediabetes
  - A qualifying score on the prediabetes risk assessment
  - Are over the age of 65

### PROGRAM DETAILS

**SESSIONS** 26 total class sessions  
 Class meets weekly for classes 1-16, then every other week for sessions 17-20 and then once a month maintenance sessions 21-26

**LOCATION** Auburndale Community Center  
 1045 Auburndale St.  
 Corona, CA 92878

**CLASS BEGINS** Saturday, September 28  
 9:00 am - 10:30am

For more information, contact Lamondo at:  
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For a better us.®

In partnership with: 

**CORONA-NORCO FAMILY YMCA**  
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