



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

If you are interested in learning more about the program or how you could register, please scan the QR code and fill the interest form.



For more information contact Lamondo
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For a better us.®

CORONA-NORCO FAMILY YMCA
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