

# STOP DIABETES BEFORE IT STARTS



The Diabetes Prevention Program is a group-based diabetes education program focused on lifestyle and behavior changes. The class meets once a week for three months, then less frequently for the duration of the program.

**AND IT'S ABSOLUTELY FREE**

## THE PROGRAM COVERS:

**INCREASING PHYSICAL ACTIVITY**

**HEALTHY EATING**

**REDUCING STRESS**

## PROGRAM REQUIREMENTS:

- Prediabetic, based on blood test or risk assessment
- Body mass index (BMI) of 25 or greater; 23 or greater if Asian-American
- Not previously diagnosed with Type 1 or Type 2 diabetes
- Not pregnant

**NEW SESSION STARTING  
JANUARY 6, 2026**

Class meets:  
Tuesdays at 5 PM  
River Shores YMCA  
705 Village Green Way  
West Bend

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