

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
SEPTEMBER 14, 2026**

Class meets:
Mondays at 6 PM
River Shores YMCA
705 Village Green Way
West Bend



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