



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOU CAN TAKE CONTROL

DIABETES FITNESS PROGRAM



Our wellness staff will discuss the benefits of exercise as it relates to the prevention and control of diabetes. We will review the fitness programs available for members at the Y as well as new classes this winter. To qualify for the program, participants must have a pre-diabetes or diabetes diagnosis. You must complete a registration form; document exercise practices three times per week, and provide blood glucose, blood pressure and weight quarterly. Also, we ask that you attend at least one wellness seminar per quarter.

- Become Healthier
- Make Choices that Help Manage Diabetes
- FREE for Adults 55 and Older

LOCATION: GREATER VALLEY YMCA, ALLENTOWN BRANCH

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