

TAKING ACTIONS CHANGING ODDS

THE YMCA'S DIABETES
PREVENTION PROGRAM



Lose Weight and Reduce Your Risk: Join a Class

The YMCA's Diabetes Prevention Program (a \$400 value) is now covered* under the NC State Health Plan for Teachers and State Employees.

A free 4-month membership to the Wilmington Family YMCA is also included.

Upcoming Sessions

New Hanover County

Mondays 12:15-1:15pm, begins Feb. 20 at Express YMCA, 11 S. Kerr Ave. *childcare provided

Mondays 6:45-7:45pm, begins Feb. 20 at Express YMCA, 11 S. Kerr Ave. *childcare provided

Tuesdays 4:30-5:30pm, begins March 21 at Midtown YMCA, 709 George Anderson Dr., 28412

Pender County

Wednesdays 3:30-4:30pm, begins Feb. 22 at Rocky Point EMS and Fire, Station 7, 14388 Highway 210

How it Works

- Lose weight and reduce your risk of type 2 diabetes by exploring strategies for healthy eating, increased physical activity, stress reduction and problem solving.
- Attend 25 one-hour sessions over the course of a year (16 weekly sessions and 9 monthly sessions).
- Small-group (8-15 people), supportive environment, led by a trained Lifestyle Coach.
- Enjoy additional supports for physical activity with a free 4-month YMCA membership.

Do I Qualify?

If any of the following apply, you may be at risk for prediabetes or type 2 diabetes and qualify for the program:

- Overweight (BMI \geq 25 kg/m²)
- Blood pressure of 140/90 or higher
- Family history of diabetes
- Inactive lifestyle (exercising less than 2x/week)
- Above-normal cholesterol levels
- History of gestational diabetes

To Register

Go to: www.diabetesfreenc.com

Questions? Contact Marjorie Lanier, YMCA's Diabetes Prevention Program Coordinator

910-251-9622 x261; marjorie.lanier@wilmingtonfamilyymca.org

*Eligible State Health Plan members include: active employees, non-Medicare retirees and their dependents over 18, as well as Medicare primary retirees and their dependents over 18 who are enrolled in the Traditional 70/30 Plan. A one-time \$25 co-pay is required at the time of enrollment. If you are not a State Health Plan member, other health insurance providers may provide full or partial coverage. If your insurance does NOT cover it, or you are uninsured, subsidies are available through the Y. Please contact the Program Coordinator for more info.