

# The YMCA's DIABETES PREVENTION PROGRAM FOR ASSOCIATES IS COMING TO THE EINSTEIN CAMPUS!

## REGISTER TODAY!

### Reduce your risk for type 2 diabetes with the YMCA's Diabetes Prevention Program

The YMCA's Diabetes Prevention Program is based on research funded by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) which showed that by eating healthier, increasing physical activity and losing a small amount of weight, a person with prediabetes can prevent or delay the onset of type 2 diabetes by 58% .

#### Over the course of 16 weekly one-hour sessions, a trained lifestyle coach will help you:

- Learn about healthy eating
- Get started with physical activity or increase current physical activity
- Overcome stressors associated with prediabetes
- Stay motivated and mindful of your health
- Maintain behavior changes even after the program is finish

#### PROGRAM GOALS

- Reduce body weight by 7%
- Increase physical activity to 150 min/wk

For more information or to see how to qualify contact **Jessica Shapiro at 347-504-4944 or [WellnessRD@montefiore.org](mailto:WellnessRD@montefiore.org)** .

#### Class Location:

**Einstein Campus**  
**1825 Eastchester Road Bronx, NY**  
**10461**

***Classes start September 29, 2016 at 6pm***

\*Classes are scheduled to be held every Thursday at 6pm for 16 weeks.

