



WANT TO LIVE WELL IN 2020?



Do you want to get healthier?

Do you want the support needed to eat better and be more active?

Has your doctor mentioned that you're at risk for Diabetes?

This is a Certified
National Diabetes Prevention Program
taught by Diabetes Life Coaches.

This is a **Yearlong program.**

It costs \$99 but if you complete the
program...you get your money back.

AND you get a membership at the YMCA
FREE for the first three months.

Have you asked yourself.....Is it time?

Kick off Meeting:

January 14, 2020

Elim Park

150 Cook Hill Road

Cheshire

RSVP: 203-272-2761

Any person over 18 yrs. can participate

Must meet criteria for pre-diabetic*

(pre-diabetic screening will be provided or Dr. referral)