



The Greater Marinette–Menominee YMCA Offers National Diabetes Prevention Program

Have you been told you have prediabetes, a borderline high blood sugar, or a history of gestational diabetes? If so, the National Diabetes Prevention Program (NDPP) may interest you.

The NDPP is an evidence-based lifestyle change program for people with prediabetes or at high risk for developing type 2 diabetes, proven to help people lose weight and prevent or delay onset of type 2 diabetes by 58%.

A new class starts this September at the Greater Marinette–Menominee YMCA in Menominee. The program is FREE to the public.

**Mondays, September 25th 2017– Jan 22, 2018
Then biweekly, February 5th 2018– May 7th 2018
6:45pm – 7:45pm CST**

Please call Kristen at 906-863-9983 to sign up.

www.mmymca.org

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