



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PREVENT T2

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

CHAMBERSBURG MEMORIAL YMCA

Classes will be held Mondays from 6:00 PM – 7:00 PM
beginning June 25, 2018

- This lifestyle change program can help you lose weight, become more physically active, reduce stress
- A CDC-approved curriculum and trained lifestyle coach
- A year long program, once a week for first 6 months, once a month for the second 6 months
- Support from others like you as you learn new skills



For additional information, please visit our website at www.chbgy.org
or contact Barb Houpt at 717-446-0533 or [bhaupt@chbgy.org](mailto:bhoupt@chbgy.org).