



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LIVING WELL WITH DIABETES



## Diabetes Prevention Program

This 12-week Diabetes Program is designed to help those diagnosed with diabetes or at high risk of developing the disease. Weekly meetings will discuss adopting healthy lifestyles through eating healthier and increasing physical activity.

**Registration Begins:** August 28 - September 11

**Session Dates:** September 18 - December 4

**Mondays 6:30 - 7:30 pm**

Applications available at the member service desk. No cost to participant.

   **SUMTER FAMILY YMCA** 510 Miller Road Sumter, SC 29150  
803-773-1404 [ymcasumter.org](http://ymcasumter.org)

**Mission:** To put Christian principles into practice through programs that build healthy spirit, mind and body for all.