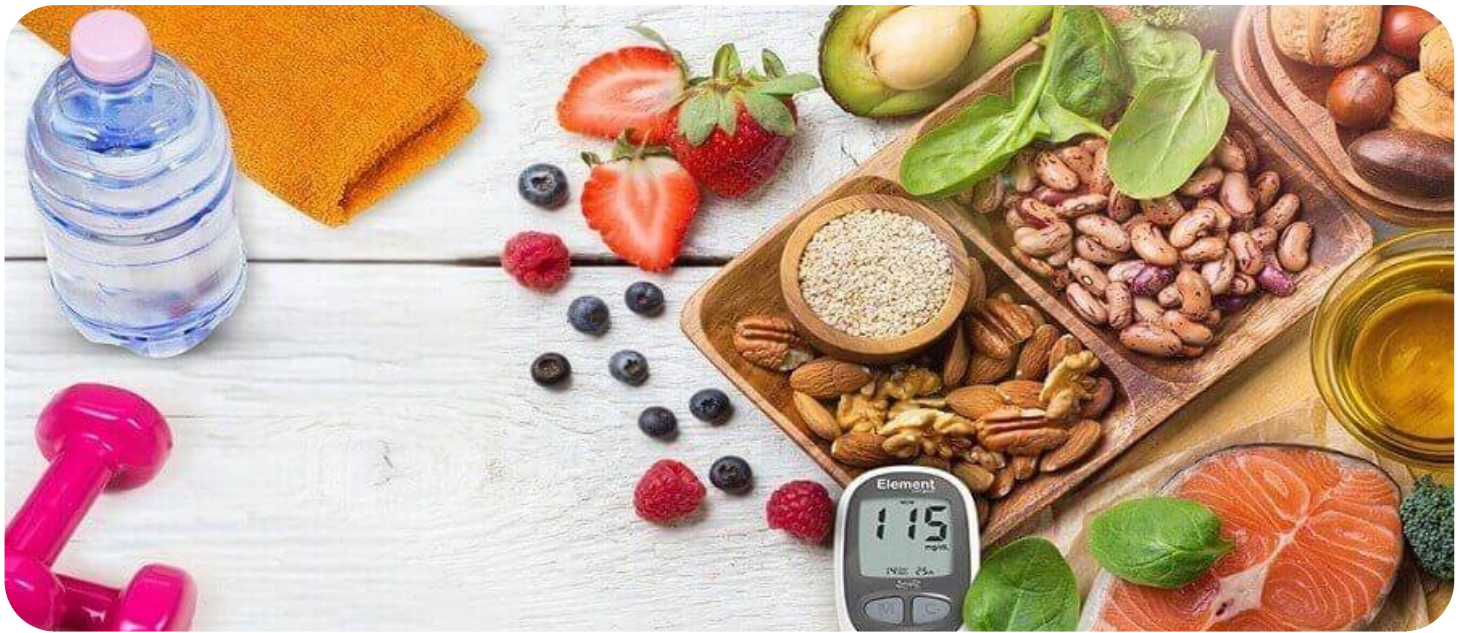




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LIVEWELL WITH DIABETES



## Diabetes Prevention Program

This 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:** August 26 - September 6

**Session Dates:** September 12 - November 21

Thursdays, 5:30 - 6:30 pm

Applications available at the member service desk. No cost to participant. Must have a physicians referral.

   **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.

# LIVEWELL WITH DIABETES



Please complete this form and turn it in to the member service desk

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ Email: \_\_\_\_\_

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Cathy Mason, lead instructor, will contact you prior to class starting.

## Physician referral

Referring Physician: \_\_\_\_\_ Phone#: \_\_\_\_\_

Address: \_\_\_\_\_

Referring Physician Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## OFFICE USE ONLY:

Register in Daxko and place in Cathy's box \_\_\_\_\_  
Staff Initials