



# DIABETES PREVENTION ESSENTIALS

Did you know that 1 in 3 adults is prediabetic and may not even know it? The good news : by making healthy lifestyle changes, 71% of adults aged 65 and older can prevent or delay the onset of Type 2 diabetes.

A trained health and wellness coach to keep you motivated



Group support from others working toward the same goal



Tips to boost physical activity and improve eating habits



Information Session  
Wednesday, January 7  
10:00 am  
Sumter Family YMCA



SUMTER FAMILY YMCA

510 Miller Road, Sumter, SC 29105

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.

# Program Structure

Core Sessions: 16 weekly group sessions over 6 months

Follow Up: 6 monthly sessions to help maintain healthy habits

## Eligibility Requirements

- Hemoglobin A1c: 5.7%–6.4%
- Fasting plasma glucose: 110–125 mg/dl
- 2-hour plasma glucose: 140–199 mg/dl (oral glucose tolerance test)
- Body Mass index (BMI) of 25+
- Must not be diagnosed with Type 1 or Type 2 diabetes or End-Stage Renal Disease

Must not have previously participated in Medicare's NDPP

Bring: your Medicare and insurance card, a copy of your A1c or fasting glucose lab results

### 16 weekly group sessions over 6 months

Date	Session Name
1/14/26	Introduction to the program
1/21/26	Get Active
1/28/26	Track Your Activity
2/4/26	Eat Well
2/25/26	Track Your Food
3/4/26	Get More Active
3/11/26/	Energy In, Energy Out
4/1/26	Eating to Support Your Health
4/15/26	Managing Triggers
4/29/26	Take Charge of Your Thoughts
5/6/26	Get Back On Track
5/20/26	Stay Active

### 6 monthly sessions to maintain healthy habits

Date	Session Name
6/10/26	Shop & Cook Healthy
6/24/26	Stay Motivated
7/8/26	When Weight Loss Stalls
8/5/26	Take a Movement Break
9/2/26	More About Carbs
10/7/26	Get Enough Sleep
11/4/26	Find Time for Fitness
12/2/26	Stay Healthy for Life!

Register through: <https://cdn.jotfor.ms/243362873047460>

