



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TAKE CARE OF YOU

*Create a healthier lifestyle and help prevent type 2 diabetes.*

## Weigh 2 Change



### What is Weigh 2 Change?

Weigh 2 Change is a fun, engaging lifestyle change program for people who want to make lifelong changes in their overall lifestyle to improve health and wellness and prevent the onset of type 2 diabetes. Gradual increased physical activity and changes in eating can result in weight loss, increased vitality, and better health. **You can cut your risk of type 2 diabetes by 58%!**

### What is Prediabetes?

People with prediabetes have blood sugars higher than normal, but not yet high enough to be diabetes. Nine out of ten people with prediabetes don't know they have it! You can find out if you have diabetes by one of 3 blood tests. You can also take the CDC diabetes risk test to find out if you are likely to develop type 2 diabetes. Without weight loss and moderate physical activity, 15-30% of people with prediabetes will develop type 2 diabetes within 5 years!



### Who Can Attend?

Anyone can attend. If you have been diagnosed with prediabetes or you are at risk (indicated by the CDC risk test), you should attend. However, the simple desire to be healthier is a good reason to participate.

## DETAILS

Classes meet at the Altru Family YMCA once per week for 16 weeks and one or more times per month for 6 months.

### Upcoming Start Dates

June 7	5:30 pm	Wednesdays	Lifestyle Coach: Becky Westereng
Sept 12	5:30 pm	Tuesdays	Lifestyle Coach: Theresa Mindt
January, 2018	6:00 pm	Mondays	Lifestyle Coach: Jen Walsh

YMCA/Choice HF Members: \$75 | General Public: \$125 (Includes limited Y pass) | Financial Scholarship Assistance Available

Contact: Patti McEnroe (pmcenroe@gfymca.org / 701-775-2586)