



Altru Family YMCA  
215 N 7th St  
Grand Forks, ND 58203  
(701) 775-2586  
[www.gfymca.org](http://www.gfymca.org)

September 7, 2017

FOR IMMEDIATE RELEASE

**\*\*START DATE MOVED TO SEPT 19\*\***

## **WEIGH 2 CHANGE LIFESTYLE CHANGE PROGRAM**

Grand Forks, ND – The Altru Family YMCA, in conjunction with the Center for Disease Control (CDC), offers **Weigh 2 Change**, a diabetes prevention and lifestyle change program for people who are at risk for developing type 2 diabetes as well as those who want to adjust their lifestyle by eating healthier, getting more active and losing weight. Classes meet once per week for 16 weeks and monthly after that. People who have been diagnosed with prediabetes due to a blood glucose test or a risk screening assessment may attend the class under the CDC guidelines. We have also opened the class to non-prediabetes participants who wish to get serious about learning lifelong healthy lifestyle practices (non-prediabetes participants will not be part of the CDC reporting).

Prior program participants have enjoyed phenomenal success in weight loss, developing healthier habits, and enjoying enhanced feelings of well-being.

**A new Weigh 2 Change session is scheduled to start September 19: Tuesdays, 5:30 pm at the Altru Family YMCA.**

Fees: YMCA/Choice HF members, \$75 / General Public, \$125 (limited membership privileges). Financial scholarship assistance is available.

### ***NO ONE IS EXCUSED FROM DIABETES***

The American Diabetes Association, American Medical Association, and the Centers for Disease Control and Prevention (CDC) have recently launched the first public service campaign about prediabetes to raise awareness and help people with prediabetes know where they stand and how to prevent type 2 diabetes.

While most of us are familiar with type 2 diabetes, fewer are aware of **prediabetes**, a serious health condition that affects 86 million Americans (more than 1 in 3). Nearly 90 percent of people with prediabetes don't know they have it and are not aware of the long-term risks to their health such as type 2 diabetes, heart attack and stroke! **Prediabetes (higher than normal blood sugar levels) often leads to type 2 diabetes.** Prediabetes can be reversed through weight loss, diet changes and increased physical activity. Some risk factors for prediabetes include: being overweight; having a family history of diabetes; being sedentary; having had gestational diabetes; high blood pressure; and more.

To find out if you're at risk go to: [www.DolHavePrediabetes.org](http://www.DolHavePrediabetes.org)

Lifestyle tips and links may be found at: [www.cdc.gov/diabetes/prevention/](http://www.cdc.gov/diabetes/prevention/)

**For details about the Weigh 2 Change (National Diabetes Prevention) Program visit: [www.gfymca.org](http://www.gfymca.org) or contact Patti McEnroe at the Altru Family YMCA: 701-775-2586.**

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### **About the YMCA**

*The YMCA is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. The YMCA movement is 158 years old, with the Grand Forks Altru Family YMCA founded in 1886. Our local YMCA serves youth and families in Grand Forks, East Grand Forks and the surrounding communities. The Altru Family YMCA is located in downtown Grand Forks at 215 N 7th Street.*

For more information contact: Patti McEnroe  
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**The Y: We're for Youth Development, Healthy Living, and Social Responsibility**