LEARN MORE
seattleymca.org/diabetespreventionprogram

Everyone is welcome. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility. Financial assistance is available.

PROGRAM INCLUDES:
• 25 sessions delivered over the course of one year
• Accountability and support from a trained lifestyle coach

PROGRAM GOALS:
• Lose 7% starting body weight
• Increase physical activity to 150 min per week

“...can confidently refer someone to colleagues at the YMCA to benefit from intensive lifestyle change programs.”
– Dr. Brandon Auerbach MD MPH, Virginia Mason Hospital & Seattle Medical Center

YMCA membership not required to participate!

Some health plans cover the cost of the YMCA’s Diabetes Prevention Program including Medicare and Medicare Advantage. Financial assistance is available.
Do what you love longer.

90% of people at risk for diabetes don’t know it.

DIABETES PREVENTION CAN HELP YOU:
- Decrease your risk for developing type 2 diabetes
- Learn skills for healthy eating
- Reduce future medical expenses related to Diabetes
- Increase your energy level

HOW TO GET STARTED:
- Ask your health care provider to refer you to the YMCA –OR–
- Reach out to one of our friendly care coordinators by calling 206 432 8904 or emailing ChronicDiseasePrevention@seattleymca.org

QUESTIONS:
ChronicDiseasePrevention@seattleymca.org
206 432 8904

Stop diabetes before it starts. Prediabetes is a common condition where glucose levels are elevated and without management, is an indicator of developing type 2 diabetes, heart disease and stroke. But together, we can stop diabetes in its tracks.

SET FOR SUCCESS
The benefits of the Diabetes Prevention Program long outlast the program itself. You’ll get connected to other resources along your journey that will help you make the most out of your membership.

THE TOOLS YOU NEED TO SUCCEED
In our yearlong program, participants work with trained lifestyle coaches who introduce topics in a supportive, small group environment (min. 10, max. 18) and encourage participants as they explore how healthy eating, physical activity and behavior changes can make a big impact on health outcomes. Additionally, reducing your risk for type 2 diabetes today can potentially save you between $9,000–18,000/year by lowering your future out of pocket medical expenses associated with the condition.

WE’RE ALL IN THIS TOGETHER
You are not in this alone. You’ll be joined by a small group of others just like you, who will motivate you to reach your goals, encourage you through challenges, and celebrate successes along the way!

SIGN UP TODAY!

“I walked in my first class, on a cane, unsure of what to expect. What I learned in the program saved my life. It outlined a lifestyle change, helped me make different choices, and the support I received from my group really motivated me.

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