



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MEASURABLE PROGRESS UNLIMITED SUPPORT

**Diabetes Prevention Program
MARSHALLTOWN YMCA-YWCA**

NEW CLASSES BEGIN:

October 4th, 2016

Two class time options:
12:00 p.m. - 1:00 p.m. OR
5:30 p.m. - 6:30 p.m.
Bilingual instructor in evening.

*****ASK ABOUT OUR SPECIAL
ONE TIME ONLY PRICE!*****

CONTACT FOR REGISTRATION:

HEIDI DRAISEY
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YMCA MEMBERSHIP NOT REQUIRED

The YMCA's Diabetes Prevention Program is a CDC-approved curriculum and part of the CDC-led National Diabetes Prevention Program.

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