



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Essentia Health
Here with you

DIABETES PREVENTION PROGRAM

You may be eligible if you are:

- At least 18
- Overweight
- Do not currently have diabetes
- Are not pregnant
- Rated at 9 or higher on the diabetes risk assessment test

A LIFESTYLE CHANGE PROGRAM FOR ADULTS WITH PREDIABETES

FREE!

For full class information, visit the NDPP page on our website. www.superiorymca.org

JULY CLASSES

at **Tri-Lakes Community Center (Amnicon Lake area)**
&
Superior Public Library

REGISTER: June 3-23, in person at the Superior YMCA, or on our website. Come to "Info Session", June 26, at the time/day/location shown below, to complete the registration process. Classes begin the first week of July.

DAY/TIME/LOCATION: Tuesdays 9:00am @ Tri-Lakes Community Center (Amnicon Lake area)

DAY/TIME/LOCATION: Tuesdays 11:30am @ Superior Public Library

For any additional information, please contact Cathi Austin at the Superior YMCA 715-392-5611 caustin@superiorymca.org